

# Group Exercise Schedule

# February 2020

# The Woodlands

Monday			
05:30a		BODYPUMP®	A Veronica
05:30a		Group Cycle	B Mindy
06:00a		Gentle Yoga	C Lonnell
06:30a	30	LES MILLS SPRINT™	B Teresa
07:45a	45	Low-Impact Workout	E Stephanie
08:15a	45	Barre	CR Katy
08:15a	45	Mat Pilates	C Kirsten
08:15a		BODYPUMP®	A TBA
09:00a	45	Cardio Step and Sculpt	CR Kirsten
09:00a		Aqua Barre	ORLP-L6 Anna
09:00a		Gentle Yoga	C Nuchapan
09:00a		Group Cycle	B Sarah G P
09:15a		BODYPUMP®	A Tammy
10:00a	45	Aqua Zumba	IRP Deisy
10:00a		PiYo	C Andrea
10:00a		Strength & Conditioning	CR Katie
10:15a	45	Begin to Cycle	B Sarah G P
10:30a	45	Zumba	A Jacob
11:00a		BODYCOMBAT®	CR Jodie
11:00a		Vinyasa Flow	C Tiffany
11:15a	30	LES MILLS SPRINT™	B Stacey K.
11:15a	45	STRONG	A Viry
12:00p	30	CXWORX®	CR Stacey K.
12:00p	45	POP Pilates	C Tiffany
12:00p		BODYPUMP®	A Stacey C.
01:00p	75	Vinyasa Flow 75	C Susan G.
04:30p	45	Family Yoga	C Mariangel
04:30p		BODYCOMBAT®	A Jinn
05:15p	45	POP Pilates	C Erin
05:30p	30	LES MILLS SPRINT™	B Jennifer
05:30p		BODYPUMP®	A Marie
05:45p		Barre	CR Beth
06:00p		BODYFLOW®	C Natalie
06:30p	30	LES MILLS SPRINT™	B Morris
06:30p		Aqua Zumba	IRP Deisy
06:30p		Hip-Hop Fusion	A Paul

Thursday			
05:30a	30	CXWORX®	C Marcy
05:30a		BODYCOMBAT®	A Todd
05:30a		Group Cycle	B Mindy
06:30a	30	LES MILLS SPRINT™	B Jodie
08:00a	45	Mat Pilates	CR Kirsten
08:15a		BODYPUMP®	A Susan D.
08:30a	30	CXWORX®	C Jodie
08:45a	45	Cardio Step and Sculpt	CR Kirsten
09:00a	45	RPM®	B Megan
09:00a		Aqua Athletics	ORLP-L6 Angelika
09:00a		BODYCOMBAT®	C Jodie
09:15a		BODYPUMP®	A Tammy
09:30a		Barre	CR Amy
09:45a		Group Cycle	B Marie
10:00a	45	Aqua Zumba	IRP Deisy
10:00a		BODYFLOW®	C Susan D.
10:15a		BODYPUMP®	A Jodie
10:30a	45	Stretch and Balance	CR Amy
10:45a	30	LES MILLS SPRINT™	B Marcy
11:00a		Vinyasa Flow	C Tiffany
11:15a	45	Zumba Toning	A Viry
11:30a	30	CXWORX®	CR Toni
12:00p	30	LES MILLS GRIT® STRENGTH	A Caroline
12:00p	45	Barre	CR Anna
12:00p		Mat Pilates	C Tiffany
01:00p	75	Gentle Yoga Extended	C Nuchapan
04:30p		BODYPUMP®	A Jinn
04:45p	30	BORN TO MOVE® 4-5	VKA Erin
05:30p	30	LES MILLS GRIT® ATHLETIC	A Teresa
05:30p	45	LES MILLS TONE™	CR Stacey C.
05:30p		Group Cycle	B Jeri
05:30p	75	Vinyasa Flow 75	C Susan G.
06:00p	30	LES MILLS GRIT® CARDIO	A Teresa
06:30p		BODYPUMP®	A Drew
07:00p		Restorative Yoga	C Susan G.

Tuesday			
05:30a	30	CXWORX®	C Marcy
05:30a		BODYCOMBAT®	A Todd
05:30a		Group Cycle	B Robin
06:30a	30	LES MILLS SPRINT™	B Veronica
08:15a		BODYPUMP®	A Susan D.
08:30a	30	CXWORX®	C Jodie
08:30a		Barre	CR Katy
09:00a		Aqua Athletics	ORLP-L6 Angelika
09:00a		BODYCOMBAT®	C Jodie
09:15a		BODYPUMP®	A Tammy
09:30a	45	LES MILLS TONE™	CR Stacey C.
09:45a	45	RPM®	B Megan
10:15a		BODYPUMP®	A Drew
10:15a		PiYo	C Chelsea
10:30a		Mat Pilates	CR Amy
10:45a	30	LES MILLS SPRINT™	B Marcy
11:15a	45	Zumba	A Jacob
11:30a	30	CXWORX®	C Tiffany
11:30a	45	Stretch and Balance	CR Amy
12:00p	30	LES MILLS GRIT® CARDIO	A Aima
12:00p		Vinyasa Flow	C Tiffany
12:15p	45	LES MILLS TONE™	CR Drew
01:00p	75	Gentle Yoga Extended	C Nuchapan
04:30p		BODYPUMP®	A Stacey C.
05:30p		Gentle Yoga	C Mariangel
05:30p		Hip-Hop Fusion	CR Paul
05:30p		Strength & Conditioning	A Jeri
05:45p	30	LES MILLS SPRINT™	B Teresa
06:30p	30	BODYATTACK®	CR Teresa
06:30p	45	RPM®	B Jennifer
06:30p		BODYPUMP®	A Vanessa
06:30p		Vinyasa Flow	C Mariangel
07:00p	30	CXWORX®	CR Teresa

Friday			
05:30a		BODYPUMP®	A Veronica
05:30a		Group Cycle	B Dana
06:00a		Gentle Yoga	C Lonnell
06:30a	30	LES MILLS SPRINT™	B Jodie
07:45a	45	Low-Impact Workout	E Stephanie
08:00a		PiYo	C Andrea
08:15a	45	Cardio Step and Sculpt	CR Kirsten
08:15a		BODYPUMP®	A Chelsea
08:15a		Group Cycle	B Katy
09:00a		Aqua Athletics	ORLP-L6 Angelika
09:00a		Mat Pilates	C Kirsten
09:00a		Run Club	FL Sarah G P
09:00a		Strength & Conditioning	CR Katie
09:15a		BODYPUMP®	A Tammy
09:30a		Group Cycle	B Marie
10:00a		Barre	CR Katy
10:00a		Vinyasa Flow	C Tiffany
10:15a	30	LES MILLS GRIT® ATHLETIC	A Tammy
11:00a	45	Low-Impact Workout	CR Anna
11:00a		PiYo	C Chelsea
11:15a	30	LES MILLS SPRINT™	B Stacey K.
11:15a	45	Zumba	A Viry
12:00p	30	CXWORX®	CR Stacey K.
12:00p		BODYPUMP®	A Susan D.
12:00p		Gentle Yoga	C Susan G.
01:00p		Yin Yoga	C Susan G.
04:30p		BODYCOMBAT®	A Jinn
05:30p		BODYPUMP®	A Vanessa
05:30p		Hip-Hop Fusion	CR Paul
06:30p		Gentle Yoga	C Mariangel

Wednesday			
05:30a		BODYPUMP®	A Marcy
05:30a		Group Cycle	B Dana
06:30a	30	LES MILLS SPRINT™	B Jennifer
07:00a		Gentle Yoga	C Mariangel
08:15a	45	BODYPUMP®	A Jodie
08:15a	45	Mat Pilates	C Kirsten
08:30a		Barre	CR Katy
09:00a	45	RPM®	B Jennifer
09:00a		Aqua Barre	ORLP-L6 Anna
09:00a		PiYo	C Katie
09:00a		Run Club	FL Sarah G P
09:15a		Strength & Conditioning	A Amanda
09:30a	30	CXWORX®	CR Marcy
10:00a	45	Barre	CR Amy
10:00a		Group Cycle	B Jennifer
10:00a		Mat Pilates	C Angelika
10:15a		Zumba	A Maricela
11:00a	30	BODYCOMBAT® 30	CR Bethany
11:00a		POP Pilates	C Chelsea
11:15a	30	LES MILLS SPRINT™	B Toni
11:15a	45	Zumba Gold	A Deisy
11:30a	30	CXWORX®	CR Stacey K.
12:00p		Barre	CR Anna
12:00p		BODYPUMP®	A Susan D.
12:00p		Gentle Yoga	C Amy
01:00p		Yin Yoga	C Amy
04:15p		Gentle Yoga	C Nuchapan
04:30p		BODYCOMBAT®	A Natalie
05:15p	45	Zumba Kids 7-12	VKA Elizabeth
05:30p		BODYPUMP®	A Jinn
05:30p		Group Cycle	B Jennifer
05:30p		Vinyasa Flow	C Tiffany
05:45p	45	Barre	CR Anna
06:30p	30	LES MILLS SPRINT™	B Morris
06:30p		Aqua Athletics	IRP Micki
06:30p		Hip-Hop Fusion	CR Paul
06:30p		Zumba	A Deisy

Saturday			
07:30a	75	Group Cycle	B Megan
08:15a		BODYPUMP®	A Drew, Teresa
08:30a		BODYCOMBAT®	CR Bethany
09:00a		Aqua Athletics	ORLP-L6 Micki
09:00a		BODYFLOW®	C Susan D.
09:15a		BODYPUMP®	A Jodie
09:30a		Group Cycle	B Meghan
09:45a	30	CXWORX®	CR Stephani
10:00a	30	Zumba Kids 4-6	VKA Elizabeth
10:00a		Vinyasa Flow	C Angelika
10:15a	45	Zumba	CR Deisy
10:15a		BODYCOMBAT®	A Jodie
10:30a	30	LES MILLS SPRINT™	B Stephani
10:30a	30	Zumba Kids 7-12	VKA Elizabeth
11:00a		Barre	CR Katy
11:00a		Mat Pilates	C Angelika
11:15a	45	Zumba	A Viry
12:00p	30	LES MILLS GRIT® STRENGTH	A Caroline
12:00p	45	RPM®	B Jennifer
12:00p		Family Yoga	C Mariangel
12:30p	30	LES MILLS GRIT® CARDIO	A Caroline

Sunday			
09:15a		BODYPUMP®	A Veronica
10:00a		Zumba	C Maricela
10:15a	30	CXWORX®	CR Jinn
10:15a	30	LES MILLS SPRINT™	B Jodie
10:15a		BODYPUMP®	A Tammy
11:00a		Barre	CR Beth
11:00a		BODYCOMBAT®	C Jinn
11:15a	30	LES MILLS GRIT® ATHLETIC	A Teresa
11:45a	30	LES MILLS GRIT® STRENGTH	A Teresa
12:15p	30	CXWORX®	A Teresa
12:30p	45	Family Cycle	B Jennifer
01:15p		Vinyasa Flow	C TBA
02:15p		Gentle Yoga	C TBA
03:15p		Restorative Yoga	C TBA

A = Studio A	B = Studio B	C = Studio C	E = Studio E	CR = Club Room
FL = Front Lobby	IRP = Indoor Rec Pool - Deep	ORLP-L6 = Outdoor Rec Lap Pool	VKA = VillaKids Studio A	

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For courtesy and safety reasons, please be prompt for class.



- Open Studio: Studios A, B, C and E available for member use when class is not in session.

# GROUP EXERCISE CLASSES

Availability varies by location. Classes are 55 minutes unless otherwise noted.  
Some classes are offered in varying durations (check your local schedule for details).

## Advanced Yoga

Inversion, twisting, and balance poses to improve strength, flexibility, range of motion, and balance.

## Aqua Athletics

A fun low-impact workout in the water to improve strength, range of motion, and cardio fitness.

## Aqua Barre

Classic ballet moves in the water with a focus on alignment, core strength, and coordination.

## Aqua Pilates

Pilates in the water with props to build core strength and aid in proper body alignment.

## Aqua Zumba®

A blend of Zumba® and aqua fitness exercises in a safe and challenging water-based workout.

## Athletic Conditioning

Full-body intervals, circuits, and functional movements to improve cardiovascular endurance, strength, flexibility, power, speed, coordination, and agility.

## Baby Yoga

*(ages 6 weeks to crawling)*  
Bond with your baby through unique poses designed to enhance development.

## Barre

Not just for dancers! Full-body toning with a focus on movement, alignment, core strength, coordination, muscle building/lengthening, and balance.

## Basic Conditioning 8+

Enjoy a different circuit-style workout each week to increase your athletic skill and fitness. For all fitness levels.

## Begin to Cycle

Learn proper bike setup and terminology and enjoy a great cardio workout.

## BollyX

Bollywood-inspired dance fitness with dynamic choreography and intense workouts to upbeat international music.

## Bombay Jam

A cardio workout with basic, easy-to-follow dance moves to Bollywood and Top 40 tracks.

## Cardio Step & Sculpt

A challenging step class with choreography. You control the intensity.

## Cycle & Sculpt

Cycle and sculpt with us! Cardio, intervals, and strength and core training combine in this total-body workout.

## Exercise for Tots

*(crawling to 24 months)*  
Channel your tot's energy with standing, walking, sitting, and jumping activities.

## Exercise for Tykes

A class for you and your toddler to improve motor skills and attention span with songs, stories, and games.

## Family Barre 8+

A family class that will improve strength and flexibility with simple ballet, Pilates, and yoga moves.

## Family Cycle

For all levels, including KIDS who can reach the pedals! Learn safety, setup, and proper cycle etiquette.

## Family Yoga

Stretch and strengthen mind and body with your family in a light and inviting atmosphere.

## Gentle Aqua

Stretching, toning, walking, and light aerobics in the water to decrease your chance of injury.

## Gentle Yoga

Achieve focus and balance, and center yourself with non-strenuous and calming poses.

## GROOV3

DANCE, SWEAT & LIVE far beyond your workout in this dance party that doesn't feel like exercise!

## Group Cycle

An unpredictable, challenging ride focused on cadence, heart-rate zones, drills, climbs, and sprints.

## Hip-Hop Fusion

A super fun dance class with easy-to-follow choreography for all fitness levels.

## LES MILLS BARRE™

Bodyweight exercises and light weights to strengthen, sculpt, and tone your body. Dance experience not required. Ballet shoes or socks recommended but not required.

## LES MILLS BODYATTACK™

Build strength and stamina in this high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises.

## LES MILLS BODYCOMBAT™

Non-contact martial arts with karate, taekwondo, boxing, Muay Thai, capoeira, and kung fu moves.

## LES MILLS BODYFLOW™

Let the music center and calm you in this yoga, tai chi, and Pilates workout.

## LES MILLS BODYJAM™

Burn calories and get fit in this addictive fusion of the latest dance styles and hottest new sounds.

## LES MILLS BODYPUMP™

Full-body resistance training with barbells. The Rep Effect uses light weights and high repetition to improve strength and increase lean muscle.

## LES MILLS BODYSTEP™

Shape and tone your body in this energizing step workout using simple movements with muscle conditioning tracks.

## LES MILLS BORN TO MOVE™

*Ages 2-3, 4-5, 6-7, 8-12*  
Classes designed to inspire young people to fall in love with physical activity.

## LES MILLS CXWORX™

Improve functional fitness of your abs, mid-section, and glutes in this short, sharp core workout.

## LES MILLS GRIT™

*Athletic, Cardio, Strength*  
High-intensity interval training.

## LES MILLS RPM™

Indoor cycling to music as you take on hills, flats, mountain peaks, time trials, and interval training.

## LES MILLS SH'BAM™

A fun, insanely addictive dance workout with an ego-free zone – dance experience not required!

## LES MILLS SPRINT™ (30 mins.)

Achieve results fast in this HIIT cycle class with bursts of intensity followed by periods of rest.

## LES MILLS THE TRIP™ (40 mins.)

Immerse yourself in this multi-peak cycling journey through digitally-created worlds.

## LES MILLS THE TRIP™ – TEEN

*(40 mins.)*  
Immerse yourself in this multi-peak cycling journey through different gaming worlds. *You must be able to fully rotate the pedals in a seated position.*

## LES MILLS TONE™

The optimal mix of strength, cardio, and core training to burn calories and improve fitness, strength, energy, flexibility, balance, and agility.

## Low-Impact Workout

Cardio, strength, balance, and coordination for the beginner athlete in YOU!

## Mat Pilates

Joseph Pilates mind/body exercises to improve body awareness, posture, strength, flexibility, and agility.

## PiYo

Pilates, yoga, strength conditioning, flexibility, and dynamic balance in an uptempo approach to mind/body exercise.

## POP Pilates

A total-body, equipment-free workout that combines Pilates with choreography and music to sculpt a solid core and lean dancer body.

## POUND®

*Adults (13+) | Kids (5-12) | Family (5+)*  
A full-body workout with Ripstix®, lightly weighted drumsticks, that transforms drumming into a fun and effective way of working out.

## Power Yoga

Energetic and dynamic vinyasa flows to build internal heat and improve stamina, strength, and flexibility.

## Restorative Yoga

Slow-paced and prop-supported poses to relax you and relieve chronic stress, weakness, and fatigue.

## Run Club

Meet us at the Fitness Advice Center for a pre-planned, staff-led group run for all fitness levels.

## Stretch & Balance

Gentle stretches for flexibility and range of motion and balance exercises for body awareness, coordination, and strength.

## STRONG®

High-intensity tempo training with bodyweight, muscle conditioning, cardio, and plyometric moves for a total-body workout.

## Tai Chi

Slow, focused movements and deep breathing to improve balance, agility, strength, and coordination.

## Tween Cycle

Make new friends as you ride to the rhythm of your favorite songs and play games on the bike!

## U-Jam

Sweat and tone with easy-to-learn dance steps choreographed to high-energy music!

## Vinyasa Flow

Gain strength, flexibility, balance, and range of motion in poses synchronized to breath. For all skill levels.

## Yin Yoga

Work deep within your connective tissue to improve joint mobility and relieve stress while holding poses for longer periods.

## Yoga Sculpt

Yoga poses with light weights will sculpt and tone your body, boost metabolism, and increase strength.

## Youth Hip-Hop

Learn the fundamentals of hip-hop through flexibility exercises, isolations, rhythms, choreography, and footwork.

## Zumba®

Move your hips while burning calories and having a blast in this different, fun, and energetic class!

## Zumba Gold®

Just as fun as Zumba® but not as fast! Enjoy the same Latin music and dance steps as you move to the beat.

## Zumba® Kids

A high-energy class packed with specially-choreographed, kid-friendly routines, and music.

## Zumba® Toning

Body-sculpting exercises and high-energy cardio with Latin moves for a calorie-torching, strength-training dance-fitness party.