

Monday			
05:30a		Group Cycle	B Mindy
05:30a		LES MILLS BODYPUMP	A Veronica
06:30a	30	LES MILLS SPRINT	B Teresa
07:45a		Low-Impact Workout	E Stephanie
08:15a	45	Barre	CR Katy
08:15a	45	Mat Pilates	C Kirsten
08:15a		LES MILLS BODYPUMP	A Chelsea
09:00a	45	Cardio Step and Sculpt	CR Kirsten
09:00a		Aqua Athletics	ORP Stephanie
09:00a		Gentle Yoga	C Nuchapan
09:00a		Group Cycle	B Sarah G.
09:15a		LES MILLS BODYPUMP	A Susan D.
10:00a		Athletic Conditioning	CR Katie
10:00a		PIYo	C Andrea
10:30a	45	Begin to Cycle	B Susan D.
10:30a	45	Zumba	A Jacob
11:00a	45	Aqua Zumba	IRP Mitsi
11:00a		LES MILLS BODYCOMBAT	CR Jodie
11:00a		Vinyasa Flow	C Tiffany
11:15a	30	LES MILLS SPRINT	B Stacey K.
11:15a	45	Zumba	A Doris, Viry
12:00p	30	LES MILLS CXWORX	CR Stacey K.
12:00p	45	LES MILLS BARRE	C Tiffany
12:00p		LES MILLS BODYPUMP	A Trish
01:00p	90	Vinyasa Flow Extended	C Susan G.
03:30p	30	Baby Yoga	C Bernadette
04:15p	45	Family Yoga	C Bernadette
04:30p		LES MILLS BODYCOMBAT	A Jinn
05:00p		POP Pilates	C Erin
05:30p	45	LES MILLS BORN TO MOVE 8-12	VKA Ashley
05:30p		Group Cycle	B Sarah G.
05:30p		LES MILLS BODYPUMP	A Marie
05:45p		Barre	CR Kelly
06:00p		Power Yoga	C Tiffany
06:30p	30	LES MILLS SPRINT	B Morris
06:30p	45	Zumba	A Viry
06:30p		Aqua Athletics	ILP Tania
06:45p	30	LES MILLS GRIT CARDIO	CR Teresa

Thursday			
05:30a		Group Cycle	B Mindy
05:30a		LES MILLS BODYCOMBAT	A Todd
05:45a	30	LES MILLS CXWORX	C Marcy
06:30a	30	LES MILLS SPRINT	B Jodie
08:00a	45	Mat Pilates	CR Kirsten
08:15a		LES MILLS BODYPUMP	A Susan D.
08:30a	30	LES MILLS CXWORX	C Jodie
08:45a	45	Cardio Step and Sculpt	CR Kirsten
09:00a		Aqua Athletics	ORP Angelika
09:00a		Group Cycle	B Kerri
09:00a		LES MILLS BODYCOMBAT	C Jodie
09:15a		LES MILLS BODYPUMP	A Tammy
09:30a		Barre	CR Amy
10:00a	45	LES MILLS RPM	B Mariana
10:00a		LES MILLS BODYFLOW	C Susan D.
10:15a		LES MILLS BODYPUMP	A Felicia
10:30a	45	Stretch and Balance	CR Amy
11:00a	30	LES MILLS SPRINT	B Tammy
11:00a	45	Aqua Zumba	IRP Mitsi
11:00a		Vinyasa Flow	C Tiffany
11:15a	45	Zumba Toning	A Viry
11:30a	30	LES MILLS CXWORX	CR Trish
12:00p	45	LES MILLS BARRE	CR Andrea
12:00p		Mat Pilates	C Tiffany
01:00p	75	Gentle Yoga Extended	C Nuchapan
04:30p		LES MILLS BODYPUMP	A Jinn
05:30p	45	LES MILLS RPM	B Teresa
05:30p	90	Vinyasa Flow Extended	C Susan G.
05:45p	45	Zumba	A Doris
06:15p		POP Pilates	CR Sarah G.
06:30p	30	LES MILLS SPRINT	B Teresa
06:30p		LES MILLS BODYPUMP	A Natalie
07:00p		Restorative Yoga	C Susan G.
07:15p	45	Barre	CR Anna

A = Studio A	B = Studio B	C = Studio C	E = Studio E	CR = Club Room
FL = Front Lobby	ILP = Indoor Lap Pool	IRP = Indoor Recreation Pool	ORP = Outdoor Rec Pool Area	ORP = Outdoor Recreation Pool
VKA = VillaKids Studio A				

Tuesday				
05:30a		Group Cycle	B Robin	
05:30a		LES MILLS BODYCOMBAT	A Todd	
05:45a	30	LES MILLS CXWORX	C Marcy	
06:30a	30	LES MILLS SPRINT	B Veronica	
08:15a		LES MILLS BODYPUMP	A Susan D.	
08:30a	30	LES MILLS CXWORX	C Jodie	
08:30a		Barre	CR Katy	
09:00a		Aqua Athletics	ORP Angelika	
09:00a		Group Cycle	B Kerri	
09:00a		LES MILLS BODYCOMBAT	C Jodie	
09:15a		LES MILLS BODYPUMP	A Tammy	
09:30a		Zumba	CR Maricela	
10:00a	45	LES MILLS RPM	B Mariana	
10:15a		LES MILLS BODYPUMP	A Stacey C.	
10:15a		PIYo	C Sarah G.	
10:30a		Mat Pilates	CR Amy	
11:00a	30	LES MILLS SPRINT	B Marcy	
11:15a	45	Zumba	A Jacob	
11:30a	30	LES MILLS CXWORX	C Tiffany	
11:30a	45	Stretch and Balance	CR Amy	
12:00p	30	Group Cycle Express	B Meghan	
12:00p		Vinyasa Flow	C Tiffany	
01:00p	75	Gentle Yoga Extended	C Nuchapan	
04:30p		LES MILLS BODYPUMP	A Trish	
04:45p	30	LES MILLS BORN TO MOVE 4-5	VKA Erin	
05:30p		Athletic Conditioning	A Jeri	
05:30p		Hip-Hop Fusion	CR Paul	
05:45p	30	LES MILLS SPRINT	B Teresa	
05:45p		Gentle Yoga	C Mariangel	
06:30p	30	LES MILLS BODYATTACK	CR Teresa	
06:30p	45	LES MILLS RPM	B Jennifer	
06:30p		Aqua Pilates	ILP Tania	
06:30p		LES MILLS BODYPUMP	A Natalie	
06:45p		Vinyasa Flow	C Mariangel	
07:00p	30	LES MILLS CXWORX	CR Teresa	
07:30p		LES MILLS BODYJAM	A Maureen	

Friday				
05:30a		Group Cycle	B Dana, Robin	
05:30a		LES MILLS BODYPUMP	A Marcy, Veronica	
06:30a	30	LES MILLS SPRINT	B Jodie	
07:45a		Low-Impact Workout	E Stephanie	
08:15a	45	Cardio Step and Sculpt	CR Kirsten	
08:15a	45	Mat Pilates	C Angelika	
08:15a		LES MILLS BODYPUMP	A Chelsea	
09:00a		Aqua Athletics	ORP Angelika	
09:00a		Athletic Conditioning	C Katie	
09:00a		Mat Pilates	CR Kirsten	
09:00a		Run Club	FL Sarah G.	
09:15a		LES MILLS BODYPUMP	A Tammy	
09:30a		Group Cycle	B Marie	
10:00a		Barre	CR Katy	
10:00a		Vinyasa Flow	C Tiffany	
10:15a	45	LES MILLS TONE	A Sarah G.	
11:00a		PIYo	C Andrea	
11:15a	30	LES MILLS SPRINT	B Stacey K.	
11:15a	45	Zumba	A Viry	
12:00p	30	LES MILLS CXWORX	CR Stacey K.	
12:00p		Gentle Yoga	C Susan G.	
12:00p		LES MILLS BODYPUMP	A Trish	
01:00p		Yin Yoga	C Susan G.	
04:30p		LES MILLS BODYCOMBAT	A Jinn	
04:45p	30	LES MILLS CXWORX	CR Erika	
05:30p		Hip-Hop Fusion	CR Paul	
05:30p		LES MILLS BODYPUMP	A Vanessa	
06:30p		Gentle Yoga	C Mariangel	

Wednesday				
05:30a	45	LES MILLS BODYPUMP	A Marcy	
05:30a		Group Cycle	B Dana	
06:30a	30	LES MILLS SPRINT	B Jodie	
08:15a	45	LES MILLS BODYPUMP	A Jodie	
08:15a	45	Mat Pilates	C Kirsten	
08:30a		Barre	CR Amy	
09:00a	45	LES MILLS RPM	B Megan	
09:00a		Aqua Barre	ORP Anna	
09:00a		PIYo	C Katie	
09:15a		Athletic Conditioning	A Chelsea	
09:30a	30	LES MILLS CXWORX	CR Marcy	
09:30a		Run Club	FL Sarah G.	
10:00a	45	LES MILLS TONE	CR Stacey C.	
10:00a		Group Cycle	B Megan	
10:00a		Mat Pilates	C Angelika	
10:15a		Zumba	A Maricela	
10:30a	30	LES MILLS BORN TO MOVE 2-3	VKA Mitsi	
11:00a	30	LES MILLS BODYCOMBAT 30	CR Bethany	
11:00a		POP Pilates	C Sarah G.	
11:15a	30	LES MILLS SPRINT	B Trish	
11:15a	45	Zumba Gold	A Mitsi	
11:30a	30	LES MILLS CXWORX	CR Stacey K.	
12:00p		Barre	CR Anna	
12:00p		Gentle Yoga	C Amy	
12:00p		LES MILLS BODYPUMP	A Susan D.	
01:00p		Yin Yoga	C Amy	
04:15p		Gentle Yoga	C Nuchapan	
04:30p		LES MILLS BODYCOMBAT	A Jinn	
05:30p	45	LES MILLS BORN TO MOVE 6-7	VKA Beth K.	
05:30p		Group Cycle	B Jennifer	
05:30p		LES MILLS BODYPUMP	A Teresa	
05:30p		Vinyasa Flow	C Tiffany	
05:45p	45	Barre	CR Anna	
06:15p	45	POUND Kids - Ages 5-12	VKA Beth K.	
06:30p	30	LES MILLS CXWORX	C Vanessa	
06:30p	30	LES MILLS SPRINT	B Morris	
06:30p		Aqua Athletics	ILP Micki	
06:45p		Hip-Hop Fusion	A Paul	

Saturday				
07:30a	75	Group Cycle	B Megan	
08:00a		Run Club	FL Stephen	
08:15a		LES MILLS BODYPUMP	A Teresa	
08:30a		LES MILLS BODYCOMBAT	CR Bethany	
09:00a	30	LES MILLS SPRINT	B Tammy	
09:00a		Aqua Athletics	ORP Micki	
09:00a		LES MILLS BODYFLOW	C Susan D.	
09:15a		LES MILLS BODYPUMP	A Jodie	
09:30a		Group Cycle	B Meghan	
09:45a	30	LES MILLS CXWORX	CR Stephani	
10:00a	30	Zumba Kids 4-6	VKA Beth K.	
10:00a		Vinyasa Flow	C Angelika	
10:15a		LES MILLS BODYCOMBAT	A Jodie	
10:15a		LES MILLS BODYJAM	CR Maureen	
10:30a	30	LES MILLS SPRINT	B Stephani	
10:30a	30	Zumba Kids 7-12	VKA Beth K.	
11:00a		Mat Pilates	C Angelika	
11:15a	45	Zumba	A Erika	
11:30a		Barre	CR Kelly	
12:00p	45	LES MILLS RPM	B Jennifer	
12:00p		Athletic Conditioning	A Jeri	
01:00p		Family Yoga	C Mariangel	
04:00p		LES MILLS BODYPUMP	A Marie	

Sunday				
09:15a		LES MILLS BODYPUMP	A Veronica	
10:00a		Zumba	C Maricela	
10:15a	30	LES MILLS CXWORX	CR Jinn	
10:15a	30	LES MILLS SPRINT	B Jodie	
10:15a		LES MILLS BODYPUMP	A Tammy	
11:00a		Barre	CR Beth S.	
11:00a		LES MILLS BODYCOMBAT	C Jinn	
11:15a	30	LES MILLS GRIT ATHLETIC	A Teresa	
11:45a	30	LES MILLS GRIT STRENGTH	A Teresa	
12:00p		PIYo	C Kerri, Sarah G.	
12:30p	30	LES MILLS CXWORX	A Teresa	
12:30p	45	Family Cycle	B Jennifer	
01:15p		Vinyasa Flow	C Bernadette, Mariangel	
02:15p		Gentle Yoga	C Bernadette, Mariangel	
03:00p		LES MILLS BODYATTACK	A Joanne, Teresa	
03:15p		Restorative Yoga	C Bernadette, Mariangel	

- 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

Not all classes are offered at each location – Please check the local schedule for offerings.

Advanced Yoga

Taking poses to a deeper level through twisting, inversions, and balance challenges. These poses will enable growth in strength, flexibility, range of motion and balance.

Aqua Athletics

Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.

Aqua Barre

Classic ballet concepts using the water as resistance. Focus on alignment, core strength and coordination.

Aqua Pilates

Traditional Pilates in combination with the natural resistance of water and use of props to build core strength and aid in proper body alignment.

Aqua Zumba®

Blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout.

Athletic Conditioning

Intervals, circuits, obstacle courses, BOSU and endurance games to train the entire body.

Baby Yoga (ages 6 weeks to crawling)

Unique poses designed to enhance your baby's development. Each class is filled with nurturing and calming ways to bond baby and parent.

Basic Conditioning (ages 8+)

Designed for adults and youth, this circuit style workout changes from week to week. Increase your athletic skill and fitness for everyday life. This class is for any level of fitness. (Ages 10 - 12 require adult sign-in and sign-out)

Barre

Not just for dancers! Based on classical ballet concepts, this class will focus on movement, alignment, core strength, coordination, building and lengthening of muscles and balance. This class will tone the entire body with ballet bars, light weights and props.

Begin to Run

This class is designed to get new runners and walkers out of their comfort zones with indoor and outdoor workouts.

Begin to Cycle

Beginners will learn proper bike setup and terminology and enjoy a great cardio workout.

BODYATTACK™ (a LES MILLS™ class)

A sports-inspired cardio workout for strength and stamina. For the weekend athlete to the hard-core competitor!

BODYCOMBAT™ (a LES MILLS™ class)

A non contact, martial arts based class with moves from karate, Taekwondo, kung fu, kickboxing, Muay Thai and tai chi.

BODYFLOW™ (a LES MILLS™ class)

The yoga, tai chi and Pilates workout that leaves you feeling long, strong, centered and calm.

BODYJAM™ (a LES MILLS™ class)

Cardio fun set to the latest music and greatest dance moves. Burn calories while increasing your fitness level and learn to dance better.

BODYPUMP™ (a LES MILLS™ class)

The ultimate resistance training class that combines movement with a specially designed barbell system

BODYSTEP™ (a LES MILLS™ class)

An energizing step workout using an adjustable step and simple movements.

BORN TO MOVE™ (a LES MILLS™ class)

An exercise program that combines music and movement to motivate kids and inspire a lifelong love of movement.

Ages 2 - 3 and 4 - 5

Imagination, exploration, music and movement

Ages 6 - 7

Playful movement, music and games

Ages 8 - 12

Dynamic games, movement and music

Cardio Step and Sculpt

Perform movements on and off a step platform, with or without risers. This class consists of choreography patterns with intensity levels determined by speed and travel.

CXWORX™ (a Les Mills™ class)

A short, sharp core workout that'll inspire you to the next level of fitness, while strengthening and toning your body.

Exercise for Tots (crawling to 24 mos.)

Crawlers and walkers have a lot of energy, so let's teach them to use it. We engage in activities while standing, walking, sitting and jumping.

Exercise for Tykes (ages 2-4 years)

Toddler-friendly activities with songs, stories and games designed to improve motor skills and attention span. A class for you and your child.

Family Conditioning (ages 6+)

Play games and sweat together in cardio and strength circuits. Increase your fitness level together as a family!

Family Cycle

Geared to all levels, including YOUR KIDS! Learn safety, setup, and proper cycle etiquette. Bring the family for a great workout. (Children must be able to comfortably reach the pedals.)

Family Yoga (ages 5+)

Yoga for your family! An empowering session to bond with your family. A light and inviting atmosphere to stretch and strengthen mind and body together. All families welcome.

Gentle Aqua

Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.

Gentle Stretches and Balance

This class focuses on flexibility and range of motion through basic gentle stretches while standing and laying on the mat. Basic balance exercises are done to promote body awareness, coordination and strength.

Gentle Yoga

A great workout without putting unnecessary strain on your body, modifying standard yoga poses and maintaining a relaxed pace. Achieve focus and balance, and center yourself.

Group Cycle

A cardio workout performed on a stationary bike based on cycling principles. Classes focus on cadence, heart-rate zones, drills, climbs and sprints for an unpredictable, challenging ride.

Hip Hop Fusion

A super fun dance class with a hip hop focus! Easy to follow choreography for all levels.

Kids Yoga (ages 3 - 7)

This class teaches concentration, relaxation and compassion. Each class will have a theme to excite and motivate.

LM TONE (a LES MILLS™ class)

Burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

Low Impact Workout

Combines cardio, strength, balance and coordination for the beginner athlete in YOU! Fun yet challenging moves to increase fitness level.

Mat Pilates

An innovative system of mind/body exercise based on the principles of Joseph Pilates, which teach body awareness and good posture, and increase core strength, flexibility and agility.

Open Cycle & Studio

Drop in for a non-instruction cycle, practice your dance steps, or focus on body-weight exercises. Audio and studio equipment not available.

PiYo™

Combines Pilates, yoga, strength conditioning, flexibility, and dynamic balance. PiYo is an up-tempo approach to mind/body exercise.

POP Pilates

A total body, equipment-free workout combines total body Pilates exercises with the attitude of choreographed dance and the energy of music, sculpts a solid core and lean dancer's body.

POUND®

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

POUND® Kids (ages 5 - 12)

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

Power Aqua

This class will focus on core development with deep-water exercises and resistance training and combines elements of interval and endurance training.

Power Yoga

Synchronous breathing with strong, flowing movement for a high energy, vigorous cardiovascular workout.

Restorative Yoga

A relaxing and gentle form of yoga designed to reduce/relieve stress, create flexibility, and calm the mind and body.

RPM™ (a LES MILLS™ class)

The indoor cycling workout to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

Run Conditioning

For new runners or those looking to increase endurance, speed, agility, strength and to decrease chances of injury. Run an average of 3-6 miles per class and some light load strength training. All levels welcome and participants may run at their own pace.

Run Club (Seasonal in some locations)

Runners of all levels are welcome to join for a group run. The course will be pre-planned and staff-led. Meet at the Fitness Advice Center regardless of weather conditions.

SH'BAM™ (a LES MILLS™ class)

A fun insanely addictive dance workout with an ego-free zone – no dance experience required!

Cycle & Sculpt

A cardio workout on a stationary bike and combined with floor exercises. Cycling, strength exercises, intervals and core training are combined for this total body workout.

SPRINT™ (a Les Mills™ class)

A 30-minute workout, using an indoor bike to achieve fast results. Featuring bursts of intensity, followed by periods of rest.

Tai Chi

A series of movements performed in a slow, focused manner and accompanied by deep breathing. This ancient form of martial arts improves balance, agility, strength, and coordination.

Tween Cycle (ages 8 - 12)

Come ride to the rhythm of your favorite songs, play games on the bike and make new friends while you exercise!

U-JAM Fitness®

This class unites world beats with urban flavor. Easy to learn dance steps choreographed to high energy music that makes you sweat and tone!

Vinyasa Yoga

Poses are cued in modified, full, and extended versions for all skill levels. Gain strength, flexibility, balance and range of motion.

Yin Yoga

Designed to work deep within the connective tissue to increase joint mobility and release stress while holding poses for longer periods.

Yoga and Meditation

Find balance and ease the mind in this class designed for any student seeking stress reduction. Learn proper posture, breathing and how to calm your mind.

Yoga Sculpt

A combination of Flow Yoga, music, and energy, amplified with the use of weights. Sweat and sculpt your way to a new level of flexibility and strength.

Youth Hip Hop (ages 8+)

This high-energy class teaches the fundamentals of hip-hop movement. Learn flexibility exercises, isolations, rhythms, memorize choreography, and footwork.

Zumba®

Move and shake your hips while burning calories and having a blast! Zumba® is different, fun, and composed of energetic rhythms that help your body move to the beat!

Zumba® Gold

It's just as much fun as Zumba, just not as fast! Zumba Gold utilizes the same Latin styles of music and dance allows you to learn the steps.

Zumba Kids® (ages 4-6, 7-12)

Designed exclusively for kids, a high-energy class packed with specially-choreographed, kid-friendly routines and music.

Zumba® Toning

Combines targeted body-sculpting exercises and high energy cardio with Latin-infused Zumba® moves to create a calorie torching, strength training dance fitness party.

LES MILLS BARRE™

A modern version of classic balletic training; a 30 or 45-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE™ is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

STRONG by Zumba®

A revolutionary class that sync's high intensity cardio and conditioning moves to music to create an optimal total body hit workout.