

Monday			
05:30a		BODYPUMP®	A Veronica
05:30a		Group Cycle	B Mindy
06:30a	30	LES MILLS SPRINT™	B Teresa
07:30a	45	Low-Impact Workout	CR Stephanie
08:15a	45	Barre	CR Katy
08:15a	45	Mat Pilates	C Kirsten
08:15a		BODYPUMP®	A Tammy
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		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		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	CXWORX®	CR Stacey K.
12:00p	45	LES MILLS BARRE™	C Tiffany
12:00p		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		BODYCOMBAT®	A Jinn
05:15p	45	POP Pilates	C Erin
05:30p	45	BORN TO MOVE® 8-12	VKA Ashley
05:30p		BODYPUMP®	A Marie
05:30p		Group Cycle	B Jennifer
05:45p		Barre	CR Beth S.
06:00p		Power Yoga	C Tiffany
06:30p	30	LES MILLS SPRINT™	B Morris
06:30p	45	Zumba	A Viry
06:30p		Aqua Athletics	ORP Tania
Thursday			
05:30a		BODYCOMBAT®	A Todd
05:30a		Group Cycle	B Mindy
05:45a	30	CXWORX®	C Marcy
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		Aqua Athletics	ORP Angelika
09:00a		BODYCOMBAT®	C Jodie
09:00a		Group Cycle	B Kerri
09:15a		BODYPUMP®	A Tammy
09:30a		Barre	CR Amy
10:00a	45	RPM®	B Mariana
10:00a		BODYFLOW®	C Susan D.
10:15a		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	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		BODYPUMP®	A Jinn
04:45p	30	BORN TO MOVE® 4-5	VKA Erin
05:30p	45	Athletic Conditioning	CR Jeri
05:30p	45	RPM®	B Jennifer, 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 Jennifer, Teresa
06:30p		BODYPUMP®	A Natalie
07:00p		Restorative Yoga	C Susan G.
07:15p	45	Barre	CR Anna

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

Wednesday				
05:30a	45	BODYPUMP®	A Marcy	
05:30a		Group Cycle	B Dana	
06:30a	30	LES MILLS SPRINT™	B Jodie	
08:15a	45	BODYPUMP®	A Jodie	
08:15a	45	Mat Pilates	C Kirsten	
08:30a		Barre	CR Amy	
09:00a	45	RPM®	B Megan	
09:00a		Aqua Barre	ORP Anna	
09:00a		PIYo	C Katie	
09:15a		Athletic Conditioning	A Amanda	
09:30a	30	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	BORN TO MOVE® 2-3	VKA Mitsi	
11:00a	30	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	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 Jinn	
05:00p	30	LES MILLS GRIT® CARDIO	CR Caroline	
05:30p	45	BORN TO MOVE® 6-7	VKA Beth K.	
05:30p		Barre	CR Anna	
05:30p		BODYPUMP®	A Teresa	
05:30p		Group Cycle	B Jennifer	
05:30p		Vinyasa Flow	C Tiffany	
06:30p	30	CXWORX®	C Vanessa	
06:30p	30	LES MILLS SPRINT™	B Morris	
06:30p		Aqua Athletics	ORP Micki	
06:45p		Hip-Hop Fusion	A Paul	
Saturday				
07:30a	75	Group Cycle	B Megan	
08:00a		Run Club	FL Stephen	
08:15a		BODYPUMP®	A Teresa	
08:30a		BODYCOMBAT®	CR Bethany	
09:00a	30	LES MILLS SPRINT™	B Tammy	
09:00a		Aqua Athletics	ORP 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 Beth K.	
10:00a		Vinyasa Flow	C Angelika	
10:15a		BODYCOMBAT®	A Jodie	
10:15a		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 Katy	
12:00p	30	LES MILLS GRIT® STRENGTH	A Caroline	
12:00p	45	RPM®	B Jennifer	
12:30p	30	LES MILLS GRIT® CARDIO	A Caroline	
01:00p		Family Yoga	C Mariangel	
04:00p		BODYPUMP®	A Marie	
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 S.	
11:00a		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	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	45	BODYATTACK®	A Joanne	
03:15p		Restorative Yoga	C Bernadette, Mariangel	

A = Studio A	B = Studio B	C = Studio C	CR = Club Room	FL = Front Lobby
IRP = Indoor Recreation Pool	ORP = Outdoor Rec Pool Area	ORP = Outdoor Recreation 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 minutes)

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

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® and POUND® 5-12

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 *(varies by location)*

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.