

Group Exercise Schedule

May 18-31, 2020

The Woodlands

Monday			
06:30a		LES MILLS SPRINT™	B Marcy
08:30a*		BODYFLOW®	C Natalie
09:00a*		Strength & Conditioning	TF Katie
10:00a	50	Aqua Exercise	ORP Deisy
11:00a*		LES MILLS SPRINT™	B Jodie
12:00p		Gentle Yoga	C Nuchapan
05:00p		LES MILLS SPRINT™	B Morris
06:00p		BODYFLOW®	C Natalie
Thursday			
06:30a		BODYCOMBAT®	TF Teresa
08:30a*		Barre	CR Katy
10:00a	50	Aqua Exercise	ORP Deisy
10:00a		Strength & Conditioning	TF Katie
12:00p		Mat Pilates	C Tiffany
05:00p	50	Aqua Exercise	ORP Deisy
05:30p		Yin Yoga	C Nuchapan
06:00p		BODYATTACK®	TF Teresa

Tuesday			
06:30a		LES MILLS TONE™	TF Drew
08:30a*		Vinyasa Flow	C Tiffany
10:00a	30	LES MILLS GRIT® ATHLETIC	TF Ashlee
10:00a	50	Aqua Exercise	ORP Deisy
12:00p	45	Barre	CR Katy
01:00p		Gentle Yoga	C Nuchapan
05:00p	50	Aqua Exercise	ORP Deisy
05:30p		BODYCOMBAT®	TF Jinn
06:00p		Group Cycle	B Jennifer
Friday			
06:30a		Group Cycle	B Dana
09:00a*		BODYCOMBAT®	TF Bethany
10:00a	50	Aqua Exercise	ORP Deisy
11:00a*		Mat Pilates	C Kirsten
12:00p	45	Stretch and Balance	A Amy
01:00p		Barre	CR Amy

Wednesday			
06:30a		LES MILLS GRIT® ATHLETIC	TF Teresa
09:00a*		BODYCOMBAT®	TF Jodie
10:00a	50	Aqua Exercise	ORP Deisy
11:00a*		LES MILLS TONE™	TF Drew
12:00p		Group Cycle	B Sarah G P
12:00p		Vinyasa Flow	C Mariangel
06:00p		Group Cycle	B Jennifer
Saturday			
08:30a		Group Cycle	B Megan
08:45a*		Strength & Conditioning	TF Jeri
10:00a	50	Aqua Exercise	ORP Deisy
10:00a		BODYCOMBAT®	TF Jodie
11:00a*		Group Cycle	B Marie
12:00p		Family Yoga	C Mariangel
03:00p		Family Cycle	B Jennifer
Sunday			
10:00a*		BODYCOMBAT®	TF Vanessa
11:30a	30	CXWORX®	TF Vanessa
12:00p		Gentle Yoga	C Bernadette

A = Studio A	B = Studio B	C = Studio C	CR = Club Room	ORP = Outdoor Rec Pool
TF = Turf Field				

- Group Exercise classes are included in your membership. Reservation is required.
 - Classes and sessions are 55 minutes unless otherwise noted.
 - For courtesy and safety reasons, please be prompt for class.
- *VillaKids available, requires VK reservation.



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.