

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RPM SPIN 6:15AM-7AM Spin Reggie		RPM SPIN 6:15AM-7AM Spin Nikki		RPM SPIN 6:15AM-7AM Spin Nikki		
		BOXING 8AM-8:45AM Boxing Dante				BODYPUMP 9:00- 10:00 AM Main Tracy S
				Lift & Burn 8:15 AM-9:00 AM Main Tavia	BARRE 9:00AM-9:50AM Energy Stef	
BODYPUMP 9AM-10AM Main Jacqueline	STRENGTH 30 CORE 30 9AM-10:00 AM Main Courtney	BODYPUMP 9AM-10AM Main Jacqueline	STRENGTH 30 CORE 30 9AM-10:00 AM Main Courtney	PILATES 9AM-10AM Energy Courtney	BODYPUMP 9AM-10AM Main Meca	
					BODYCOMBAT 10:05AM-11AM Main Haleemon	
ANUSARA YOGA 12PM-1PM Energy Tracie	STRONG FLOW YOGA 12 PM - 1 PM Energy Charlie	SLOW FLOW YOGA 12PM-1PM Energy Charlie			RPM SPIN 10:05AM-11AM Spin Reggie	
	RPM SPIN 5:30PM-6:25PM Spin Jayne	BARRE 5:30PM-6:30PM Energy Stefanie	LES MILLS CORE 5:30PM-6PM Main Jayne			
BODYCOMBAT 5:30PM-6:30PM Main Stef	BODYATTACK 5:30PM-6PM Main David	LES MILLS SPRINT 5:45PM-6:15PM Spin Reggie	LES MILLS GRIT 6:00 PM-6:30 PM Main Ruben	VINYASA YOGA 6:15PM-7:15PM Energy Tracie		
LES MILLS SPRINT 5:45PM-6:15PM Spin Jayne			BODYPUMP 6:35PM-7:35PM Main Jacqueline			
LES MILLS GRIT 6:35PM-7:05PM Main Shayna	BODYPUMP 6PM-7PM Main David	Xtreme Hip Hop Step (Intermediate) 7:30--8:30PM Main Rocky				
LES MILLS CORE 7:05PM-7:35PM Main Shayna						



CLASS DESCRIPTIONS

LES MILLS BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 CALORIES and leaving you with a sense of achievement.

LES MILLS BODYCOMBAT

Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness. This high-energy mixed martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll relieve stress, have a blast and feel like a champ. All levels welcome. Burn up to 740 calories.

LES MILLS BODYPUMP

A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more. All levels welcome. Burn up to 560 calories.

LES MILLS RPM

A cycling workout where you control the intensity. It's a fun, low impact journey of hill climbs, sprints and flat riding. In an RPM workout, you improve your cardio fitness with a sense of personal achievement. It's a journey, not a race! All levels welcome, burn up to 675 calories.



LIFT & BURN

A full-body workout using bodyweight, weights and variety of equipment. This class combines elements of cardiovascular/respiratory endurance, stamina, strength, flexibility, power, coordination, agility, balance, and accuracy. If you've never taken a group class but DO lift weights and if you take group classes but have never lifted heavy weights - this is the ultimate crossover class.



BARRE

A total body workout to strengthen, lengthen and stretch for a long lean physique. Developed from a Ballet background, combines low impact exercise with use of 1-3 lb dumbbells, barbell, & bands. All levels welcome. Burn up to 400 calories.



CORE 30

Intensive Abdominal conditioning. Includes standing core exercises and floor movements to strengthen abdominal muscles and lower back.



STRENGTH 30

Designed for the whole body focusing on strength using body weight exercises and body conditioning with dumbbells or barbell, bands or sliders.

LES MILLS CORE

A 30-minute core workout with resistance bands & weight plates, mixed with body weight exercises like crunches and hovers. Work all the muscles from the shoulders to the legs through endurance, balance, and stability exercises. Train to prevent injury and improve posture.

All levels welcome, lower options available. Burn up to 250 calories.

LES MILLS GRIT

STRENGTH | CARDIO | ATHLETIC

A 30-min (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate & body weight exercises to blast all major muscle groups.

Inspirational coaches will be down on the floor with you, motivating you to go harder to get fit, fast. With 3 different formats - your coach will surprise and elevate your fitness.

Not recommended for pregnant women. Burn up to 400 calories. Cardio and Athletic formats may be mixed in.

LES MILLS sprint

A 30-min (HIIT) workout, using an indoor bike to achieve fast results. A low impact workout, that's scientifically proven to return rapid results by burning calories for hours. Combine bursts of intensity, to work as hard as possible, with periods of rest to prepare for the next effort.

PITFIT

Jump in the pit and use battle ropes, wall balls rowers, assault bikes, dumbbells and barbells for a TOTAL BODY BURNER. 45 minutes you DON'T want to miss. Come early and introduce yourself to your coach to be best set up for success.



BOXING

GLOVE up for this impact class utilizing the bags in the heavy bag boxing area (downstairs). Build strength, endurance and cardio fitness through boxing drills — the perfect boxing class to get shredded! Burn up to 500 calories in this fast paced boxing workout. Participants must bring their own hand wraps. Boxing gloves are mandatory to hit on the heavy bags - BRING YOUR OWN. Come check it out with wraps and see if you like it. Led by personal trainer.



YOGA - anusara, vinyasa flow, slow flow & strength

'Flowing with grace': Use postures, breathing & meditative awareness to align the body & limber-up the spine. A powerful tool for stress management & relaxation. Gentle inversions, calming work, & props can be used. Class styles highly driven by instructor - encouraged to try them all! All levels welcome. Burn up to 300 calories.



PILATES - beginner mat pilates

A system of exercise and movement that is designed to increase strength, flexibility, and balance. Pilates integrates breath and movement with proper body mechanics to increase greater physical and mental awareness of how the body moves and feels.

Xtreme Hip Hop Step (Intermediate)

A high-energy fitness class that remixes traditional step aerobics with hip-hop music, dance moves, and modern choreography for a fun, calorie-burning, full-body workout

