


FALL FITNESS SCHEDULE-2024

MORNING CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:55 AM	<u>LESMILLS BODYCOMBAT™</u> Aerobic Rm ANDI	<u>SURGE FIT</u> Aerobic Rm LAUREN	<u>LESMILLS BODYPUMP™</u> Aerobic Rm ESTHER	<u>BARRE</u> Aerobic Rm REBECCA	<u>CARDIO FUSE</u> Aerobic Rm ERIN	
	<u>POWER CYCLE</u> Cycling Rm KRISTY		<u>POWER CYCLE</u> Cycling Rm HEIDI/NATALIE	<u>VINYASA FLOW YOGA</u> Multipurpose Rm JILL		
8:30-9:25 AM	<u>HIGH FITNESS</u> Aerobic Rm SHAUNA	<u>TABATA</u> Aerobic Rm SHAUNA	<u>POWER STEP</u> Aerobic Rm SHAUNA		<u>LESMILLS BODYPUMP™</u> Aerobic Rm BRENT	8:00 <u>BODYPUMP™</u> Aerobic Rm ESTHER
	<u>MOVEWELL: Functional Mobility Training</u> Multipurpose Rm JACQUELINE	<u>LIFESTYLE TRAINING</u> Multipurpose Rm ANNE	<u>SILVER FIT & WELLNESS</u> Multipurpose Rm ANNE	<u>LIFESTYLE TRAINING</u> Multipurpose Rm ANNE		
			<u>Les Mills RPM™</u> Cycling Rm CARA			
9:30-10:25 AM	<u>LESMILLS BODYPUMP™</u> Aerobic Rm BRENT	<u>BARRE</u> Aerobic Rm FIONA	<u>LESMILLS STRENGTH DEVELOPMENT™</u> Aerobic Rm LUCY	<u>SURGE HYBRID</u> Aerobic Rm TERRA	<u>ZUMBA FITNESS®</u> Aerobic Rm LETICIA	9:00 <u>HIGH FITNESS</u> Aerobic Rm KIM
	<u>PIYO</u> Multipurpose Rm JESSIE	<u>SURGE HYBRID</u> Multipurpose Rm KATE	<u>PIYO</u> Multipurpose Rm JESSIE	<u>TAI-GA FLOW</u> Multipurpose Rm THU	<u>PIYO</u> Multipurpose Rm JESSIE	
	<u>CYCLE PUMP</u> Cycling Rm KIM	<u>LESMILLS RPM™</u> Cycle Rm LUCY		<u>CYCLE PUMP</u> Cycling Rm KIM	<u>LESMILLS RPM™</u> Cycle Rm CARA	
10:30-11:25 AM	<u>ZUMBA FITNESS®</u> Aerobic Rm KOREENA	<u>ZUMBA FITNESS®</u> Aerobic Rm CHRISTIN	<u>HIGH LOW</u> Aerobic Rm KIM	<u>LA BLAST</u> Aerobic Rm CHRISTIN	<u>HIGH LOW</u> Aerobic Rm ERIN/KATE	10:00 <u>ZUMBA FITNESS®</u> Aerobic Rm TIFFANY/MONTA
	<u>CHAIR YOGA</u> Multipurpose Rm JESSIE	<u>SENIOR FIT</u> Multipurpose Rm SARAH W.	<u>SENIOR FIT</u> Multipurpose Rm SHAUNA	<u>SENIOR FIT</u> Multipurpose Rm JULIE	<u>SENIOR FIT</u> Multipurpose Rm CHRISTENE	
EVENING CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:55 PM	<u>CARDIO FUSE</u> Aerobic Rm ERIN	<u>LESMILLS BODYPUMP™</u> Aerobic Rm ANNA	<u>PILATES</u> Aerobic Rm THU	<u>HIGH FITNESS</u> Aerobic Rm DAX		
7:00-7:55 PM	<u>ZUMBA FITNESS®</u> Aerobic Rm JULIE	<u>ZUMBA FITNESS®</u> Aerobic Rm ANDI	<u>LESMILLS BODYSTEP™</u> Aerobic Rm KATE B.	<u>LESMILLS BODYPUMP™</u> Aerobic Rm SHELLY		
			<u>STEP & SWEAT</u> Multipurpose Rm ERIN S.			
8:00-8:55 PM	<u>GENTLE YOGA</u> Aerobic Rm ERICA	<u>GENTLE YOGA</u> Aerobic Rm JILL	<u>CLUB FIIT</u> Aerobic Rm SOFIA	<u>GENTLE YOGA</u> Aerobic Rm JOSIE		

FITNESS CLASS DESCRIPTIONS

BARRE: Barre Fitness is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. Barre also focuses on high reps of small-range movements.

CARDIO FUSE: Cardio Fuse blends kickboxing, plyometrics, aerobics, mini-loop band resistance, and core work for a fun, full-body workout.

CHAIR YOGA: This is an amazing class option for those who may need yoga in a safe/beginner option. This class is created to suit those who want to achieve relaxation and increase mobility, without the up and down in a traditional yoga class.

CLUB FIIT: Club FIIT makes movement and fitness fun! With the lights down low and party lights up, we bring YOU the party and club vibe! This hip hop-based cardio class alternates high and low intervals to maximize your workout while staying low impact. This class is for all ages and fitness levels.

CYCLE PUMP: The ultimate combination of high intensity, low impact cardio work and resistance training. This class will not only have you sweating, you will leave feeling stronger and ready to take on the day. This class is for any fitness level.

GENTLE YOGA: Yoga for restoring both the mind and body through meditation and a series of stretches for the muscles.

HIGH FITNESS: HIGH Fitness is a hardcore fun fitness class that incorporate interval training with music you love and intense easy to follow choreography. HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning

HIGH LOW: Reminiscent of the aerobic glory days, this format is based on traditional aerobic principles that create a steady state cardio workout without the impact. It offers the same choreography as the original HIGH Fitness class you know and love, without the impact.

LA BLAST: A partner-free ballroom dance based format, which includes all components of fitness, and uses music from every era & genre. This class is for all bodies and any fitness level.

LES MILLS BODYCOMBAT BODYCOMBAT™ is a high-energy martial arts-inspired workout that is non-contact. No experience needed. Learn Karate, Taikwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress and feel like a champ. All fitness levels welcome.

LES MILLS BODYSTEP BODYSTEP™ is an exhilarating, and fun full-body step workout that will leave you feeling strong, agile and inspired. Packed with simple choreography that's easy to learn and a combination of functional strength training that will challenge your muscles, develop coordination, and improve cardio fitness.

LES MILLS BODYPUMP BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal 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 burning up to 400 calories per class.

LES MILLS RPM RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

LES MILLS Strength Development LES MILLS STRENGTH DEVELOPMENT™ is a sequence of 12 x 45-minute progressive workouts. Whether new to lifting or a seasoned pro, this class will help build muscle, improve technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor.

LIFESTYLE TRAINING: Low-impact strength training with modifications, guided by a knowledgeable personal trainer designed for your body, form and safety.

MOVEWELL: A class dedicated to everyone with a body that loves movement to improve functional strength while increasing mobility. This class will enhance recovery and overall fitness performance with a flow style class to take training to the next level.

PIYO: PiYo is a high intensity, low impact workout that utilizes your body weight to sculpt and define your muscles. A unique blend of Pilates and Yoga. PiYo emphasizes strength, flexibility, and cardio with fabulous music! NO Yoga experience necessary.

POWER CYCLE: Endurance, strength and intervals in Power Cycle will keep you coming back every time! This class offers a variety of levels and ranges of intensity to take your workout and endurance to the next level! This class is suitable for all fitness levels!

POWER STEP: With fun step combinations, cardio intervals and strength and toning exercises, this class will give you a total body workout experience that will strengthen your muscles and boost your mood!

POWER YOGA: A vigorous style of yoga designed to build strength, balance and flexibility through movement connected to breath Sequencing is varied so no two classes are the same.

SENIOR FIT: A class created to strengthen functional muscles, improve balance and mobility. All levels welcome!

SILVER FIT & WELLNESS: A specialized format that incorporates a variety of exercises tailored to aging bodies. This class includes low-impact cardio, strength training, balance, and flexibility exercises to increase overall wellness, strength, band coordination.

SURGE FIT: This is an energizing HIIT workout with high intensity cardio tracks paired with resistance training, all to popular music to get your heart rate and muscles surging for great results.

SURGE HYBRID: The same energizing HIIT workout as Surge Fit, but with more strength and less cardio. Enjoy 2-3 cardio bursts while doubling up on several large muscle groups like legs, chest, and back/butt.

TABATA: Highly effective and efficient workout utilizing a method of 20 seconds of work followed by 10 second resting intervals. This is a strength and cardio class for all fitness levels.

TAI-GA FLOW: This class fuses both Tai Chi & Yoga Flow to create a meditative movement experience. No experience necessary. All fitness levels!

VINYASSA FLOW YOGA: A style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

ZUMBA FITNESS: A Latin inspired fitness class incorporates music and dance movements from all over the world with easy-to-follow steps that include great body sculpting moves. All fitness levels, dancers and non-dancers welcome! COME AND JOIN THE PARTY!