

GROUP FITNESS SCHEDULE: SPRING 2021

Effective: 04/05/21 (**Subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Body Pump Sports Court					
5:45am	Cycling ® Sports Court		Strong and Lean Sports Court	Cycling ® Sports Court			
7:15am						Les Mills SPRINT ® Sports Court	
8:00am	Gentle Moves Sports Court	Gentle Yoga Sports Court					
	Aqua Sculpt & Tone ® Therapy Pool		Deep Water Athletes ® Lap Pool			Cycling 60 ® Sports Court	
8:15am							YogaFlex (8:15) Sports Court
8:30am				Strong & Lean 30 Sports Court		Body Combat™ Cycling Studio	
8:45am						AquaZumba™ Lap Pool	
9:00am	Kickboxing Sports Court	Aqua Sculpt & Tone ® Therapy Pool	BodyAttack™ Sports Court	Aqua Sculpt & Tone ® Therapy Pool	Tabata Sports Factory		
		BodyPump™ ® Sports Court			Sh'Bam™ Sports Court		
					Aqua Yoga ® Therapy Pool		
9:15am				Cycling (9:15) ® Sports Court	Les Mills Core Cycling Studio		
9:30am						BodyPump™ ® Sports Court	Cycling Sports Court
10:00am			REV Sports Court		YogaFlex Sports Court		
10:30am	Zumba™ Sports Court	Cycle & Core ® Sports Court		BodyFlow™ Sports Court		Sh'Bam™ Cycling Studio	
11:15am							
4:30pm		Circ-HIIT Sports Court		Step I.T. Sports Court			
5:30pm	BodyAttack™ Sports Court	BodyPump™- 60 ® Sports Court	REV Sports Court	BodyPump™- 45 ® Sports Court			
					Les Mills Core Cycling Studio		
6:30pm	Cycle & Core ® Sports Court	Aqua Sculpt & Tone ® Therapy Pool	Zumba™ Sports Court	BodyFlow™ Sports Court			
				BodyCombat™ Cycling Studio			
6:45pm		BodyCombat™ Sports Court					

® = Registration Required

Yellow highlighted are changes and/or additions

Purple highlighted are virtual classes in the cycling studio. Also reminder there are over 100 OnDemand classes at www.arenaondemand.com!



GROUP FITNESS CLASS DESCRIPTIONS

- Classes marked with an ® indicates that registration is required. All registration required classes open up 24 hours in advance of the class start time EXCEPT for Cycling which has a 36 hour in advance registration.
- ☺ Indicates "All Level" classes that are a great place to start!
- Classes marked with **VIRTUAL** indicates that it is a Les Mills Virtual class, and will be broadcasted in the Cycle Studio. No more than 6 participants per class in order to follow safe physical distancing guidelines.

ALL LEVELS

Les Mills BODYPUMP™ ® 60 minutes

The "original" 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.

Registration Required-40 spots

BodyPump45 is an express format, 45 minutes

Cycle Road ® 45 minutes

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the "off season."

Registration Required – 25 spots.

Registration opens 36 hours in advance. Saturday's Cycle60 is a full hour

Cycle & Core ® 60 minutes

A 45 minute cycle workout involving speed, climbs and intervals followed by 15 minutes of mat work designed to strengthen and challenge all elements of your core. Registration required, opens 36 hours in advance of the start of class.

Gentle Moves ☺ ♿ 45 minutes

This class incorporates balance, toning, flexibility and cardio with very little joint impact. There will be the option to use a chair. This is also a wheelchair friendly workout class.

Les Mills SH'BAM™ 45 minutes

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. **Virtual Les Mills SH'BAM™**: Meet in the cycling studio. Walk-ins only. 6 maximum participants.

REV 45 or 60 minutes

Resistance, Endurance and Variety. A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more! *60 minutes Wednesday am, 45 minutes Wednesday pm*

Strong and Lean 30 or 45 minutes

Not your traditional strength training...get strong and lean with alternative training techniques and tools. Change the way you train!

Zumba™ 60 minutes

The Zumba™ program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

STEP I.I. 45 minutes

Intervals of cardio step training and conditioning blend together to create a challenging and dynamic workout.

Les Mills CORE™ 30 or 45 minutes

Increase core strength, tone abs, butt & legs, and improve posture in the muscles that support your core.

ADVANCED LEVELS

Les Mills BODYATTACK™ 45 minutes

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Les Mills BODYCOMBAT™ 60 minutes

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. **Virtual Les Mills BODYCOMBAT™**: Meet in the cycling studio. Walk-ins only. 6 maximum participants.

Kickboxing 60 minutes

An energetic whole body workout using kicks, punches, strikes and blocks to challenge your fitness level and reshape your body. Formats vary to incorporate choreographed kickboxing patterns, circuits, shadow boxing and drills to keep your body strong and your mind sharp!

Circ-HIIT 45 minutes

An intermediate to advanced circuit class utilizing the HIIT (High Intensity Interval Training) in conjunction with different training tools to challenge your strength, cardio and balance skills.

Les Mills Sprint™ 30 minutes

HIIT (High Intensity Interval Training) utilizing the indoor bike to achieve fast results. This short, intense style of training pushes your physical and mental limits. Expect the instructors to floor coach at different points of the class. *Registration Required – 25 spots. Registration opens 36 hours in advance.*

Tabata 45 minutes

Interval Training using the Tabata protocol. A blend of strength, core and cardio with something for everyone! It will truly challenge you to move to your next level of fitness and performance.

MIND & BODY FORMATS

Les Mills BODYFLOW™ ☺ 60 minutes

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

Gentle Yoga ☺ 45 minutes

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

YogaFlex ☺ 60 minutes

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

AQUA CLASSES

Aqua Sculpt & Tone ☺ ® 45 minutes

Familiar strength and conditioning exercises in the water. Reshape your body and improve flexibility and balance with or without equipment. This class stays within the recommended *American Arthritis Foundation* water exercises.

Rec Pool – Walk-In

Therapy Pool Only - Registration Required – 25 spots

Aqua Yoga ☺ ® 45 minutes

This class is for all fitness levels! Enjoy Yoga poses in the warmer water to help develop strength, static balance and range of motion.

Registration Required – 25 spots

Aqua Zumba™ ☺ 45 minutes

The "pool party" workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

Deep Water Athletes. 45 minutes ☺

The perfect way to cross train! Challenge your strength and core in the deep end, floatation belts provided, *Rec Pool, 12 spots, registration required.*