

# GROUP FITNESS SCHEDULE: SUMMER 2021

Effective 8/2/21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		<b>Body Pump™</b> ® Studio 1					
5:45am	<b>Cycling</b> ® Cycle Studio		<b>Strong and Lean</b> Studio 1	<b>Cycling</b> ® Cycle Studio			
7:00am		<b>RPM™</b> Cycle Studio			<b>RPM™</b> Cycle Studio		
7:15am						<b>SPRINT™</b> ® Cycle Studio	
8:00am	<b>Gentle Moves</b> Studio 1	<b>Gentle Yoga</b> Studio 3	<b>RPM™</b> Cycle Studio		<b>Gentle Moves</b> Studio 1		
	<b>Aqua Sculpt &amp; Tone</b> ® Rec Pool	<b>Aqua Sculpt &amp; Tone</b> ® Rec Pool	<b>Deep Water Athletes</b> ® Rec Pool	<b>Aqua Sculpt &amp; Tone</b> ® Rec Pool		<b>Cycling 60</b> ® Cycle Studio	
8:30am				<b>Strong &amp; Lean</b> Studio 2		<b>BodyAttack™</b> ® Studio 1	<b>Yoga Flex</b> Studio 3
8:45am						<b>AquaZumba™</b> Rec Pool	
9:00am	<b>Kickboxing</b> Studio 1		<b>Cycling</b> ® Cycle Studio		<b>Tabata</b> Sports Factory		
		<b>BodyPump™</b> ® Studio 1			<b>Zumba</b> Studio 1		<b>Cycling</b> ® Cycle Studio
					<b>Aqua Yoga</b> ® Therapy Pool		
9:15am	<b>Strong &amp; Lean</b> Studio 2			<b>Cycling</b> ® Cycle Studio			
9:30am	<b>Barre</b> ® Studio 3	<b>Grit™</b> ® Studio 2	<b>REV</b> Studio 1	<b>Freestyle Step</b> Studio 1		<b>BodyPump™</b> ® Studio 1	<b>Body Pump™</b> ® Studio 1
10:00am	<b>RPM™</b> Cycle Studio				<b>YogaFlex</b> Studio 3		
10:15am		<b>Cycling</b> ® Cycle Studio					
10:30am	<b>Zumba™</b> Studio 1			<b>BodyFlow™</b> Studio 1			
1:00pm				<b>RPM™</b> Cycle Studio		<b>RPM™</b> Cycle Studio	<b>RPM™</b> Cycle Studio
5:00pm		<b>Circ-HIIT</b> Studio 2			<b>RPM™</b> Cycle Studio		
		<b>RPM™</b> Cycle Studio					
5:30pm	<b>BodyAttack™</b> ® Studio 1	<b>BodyPump™</b> ® Studio 1	<b>REV</b> Studio 1	<b>BodyPump™</b> ® Studio 1			
6:00pm			<b>RPM™</b> Cycle Studio				
6:15pm		<b>BodyCombat™</b> Studio 2					
6:30pm	<b>Cycling</b> ® Cycle Studio	<b>Aqua Sculpt &amp; Tone</b> ® Therapy Pool	<b>Zumba™</b> Studio 1	<b>Aqua Yoga</b> ® Therapy Pool			
		<b>BodyFlow™</b> Studio 3		<b>Cycle</b> ® Cycle Studio			
7:00pm				<b>YogaFlex</b> Studio 3			

® = Registration Required

Yellow highlighted are new classes and/or additions

Green highlighted are time and/or location changes to existing classes

Purple highlighted are virtual classes



## 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!

### ALL LEVELS

#### **Barre 45 minutes**

A great studio workout utilizing a ballet barre, light dumbbells, and bands to help build long lean muscles. This class focuses on small, precise muscle movements and isometric holds to sculpt, strengthen and stretch muscles.

#### **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*

#### **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.

#### **REV 45 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!

#### **RPM 45 minutes**

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Fun & low impact!

#### **Strong and Lean 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!

### 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™ 45 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.

#### **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.

#### **Freestyle Step 45 minutes**

Not too basic and not too extreme—just right. Intermediate step patterns provide just the right amount of flavor to your cardio workout!

#### **Grit 30 minutes**

Science-based High Intensity Interval Training (HIIT) led by inspirational coaches. Using a barbell, weight plates, or bodyweight exercises, these Strength, Cardio, or Athletic workouts will improve strength, athleticism, and cardio fitness. Develop speed, power, agility, and strength while maximizing calorie burn

#### **Sprint™ 30 minutes**

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.*

#### **Step I.T. 45 minutes**

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

#### **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 ☺ 45 or 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.*