

# GROUP FITNESS SCHEDULE: FALL 2020

Effective 9/8/20

\*Subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	<b>Cycling</b> ® Sports Court	<b>BodyPump™</b> ® Sports Court	<b>Strong and Lean</b> Sports Court	<b>Cycling</b> ® Sports Court			
7:15am						<b>Les Mills SPRINT</b> ® Sports Court	
8:00am	<b>Gentle Moves</b> Sports Court	<b>Gentle Yoga</b> Sports Court					
	<b>Aqua Sculpt &amp; Tone</b> Rec Pool	<b>Aqua Sculpt &amp; Tone</b> Rec Pool	<b>Aqua Sculpt &amp; Tone</b> Rec Pool			<b>Cycling 60</b> ® Sports Court	
8:30am						<b>BodyCombat™</b> VIRTUAL Cycle Studio	
8:45am						<b>AquaZumba™</b> Rec Pool	<b>YogaFlex</b> Pool Deck
9:00am	<b>BodyCombat™</b> Sports Court	<b>BodyPump™</b> ® Sports Court		<b>Aqua Sculpt &amp; Tone</b> Rec Pool	<b>Tabata</b> Sports Factory		
				<b>Cycling</b> ® Sports Court	<b>Aqua Yoga</b> ® Therapy Pool		
9:30am			<b>REV</b> Sports Court		<b>Sh'Bam™</b> Sports Court	<b>BodyPump™</b> ® Sports Court	
10:30am	<b>Zumba™</b> Sports Court	<b>Cycling</b> ® Sports Court		<b>BodyFlow™</b> Sports Court	<b>YogaFlex</b> Sports Court	<b>Sh'Bam™</b> VIRTUAL Cycle Studio	
5:30pm	<b>BodyAttack™</b> Sports Court	<b>BodyPump™</b> ® Sports Court	<b>REV</b> Sports Court	<b>BodyPump™</b> ® Sports Court			
6:30pm	<b>Cycling</b> ® Sports Court		<b>Zumba™</b> Sports Court	<b>BodyCombat™</b> VIRTUAL Cycle Studio			
		<b>Aqua Sculpt &amp; Tone</b> ® Therapy Pool					

® = Registration Required

VIRTUAL = Virtual Les Mills class broadcasted in our Cycle Studio/Virtual Class Theater

Yellow highlighted are changes and/or additions



## 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™** ®

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*

*60 minutes except for Tuesday and Thursday nights will be 45 minutes starting November, 17<sup>th</sup>.*

#### **Cycle Road** ®

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

45 minutes except for Saturday mornings will be 60 minutes.

*Registration Required – 25 spots.*

*Registration opens 36 hours in advance.*

#### **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**

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 except for Wednesday nights will be 45 minutes.*

#### **Strong and Lean 45 minutes**

Not your traditional strength training.....get strong and lean with alternative training techniques and tools. A total body blast that changes 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™**

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.

*Monday nights will be 45 minutes.*

#### **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.

#### **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**

High Intensity Interval Training using the Tabata protocol. Not a class for the weak of mind or body. 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** ☺ ®

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** ☺ ®

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™** ☺

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.