



# WINTER-SPRING 2025 GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 6 CLASS REGISTRATION IS REQUIRED

- Studio 1
- Studio 2
- Studio 3
- Cycling
- Pools
- Sport Court
- Evening Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30-6:15am	Strong & Lean 5:30-6:15am	Cycle 5:30-6:15am	BODYPUMP™ 5:30-6:30am	R.E.V. 5:30-6:15am	BODYATTACK™ 8:30-9:15am	Cycle 9:00-9:45 am
Aqua Box 8:00-8:45am	Athletic Aqua 8:00-8:45am	Sunrise Yoga 7:00-8:00am	Athletic Aqua 8:00-8:45am	Gentle Moves 8:00-8:45am	Cycle 8:30-9:15am	Yoga Flex 9:00- 10:00am
Gentle Moves 8:00-8:45am	Gentle Yoga 8:00-9:00am	Cycle 9:00-9:45am	Strong & Lean 8:30-9:15am	Aqua Yoga 9:00-9:45am	Barre Burn 8:30-9:15am	BODYPUMP™ 9:30-10:30am
Aqua Sculpt & Tone 9:00-9:45am	Aqua Yoga 9:00-9:45am	Aqua Sculpt & Tone 9:00-9:45am	Gentle Yoga 9:15-10:15am	Tabata 9:15-10:00am	AquaZumba 9:00-9:45am	BODYCOMBAT™ 9:30-10:30am
Pilates Mat 9:00-9:45am	BODYPUMP™ 9:00-10:00am	Pilates Mat 9:15-10:00am	Cardio Drum & Dance 9:30-10:15am	YogaFlex 9:30-10:30am	Zumba 9:00-10:00am	
BODYCOMBAT™ Mash-Up 9:15-10:00am	Studio Circ-IT 9:15-10:00am	R.E.V. 9:30-10:15am	BODYSTEP™ 9:30-10:15am	Step I.T. 10:30-11:15am	BODYBALANCE™ 9:30-10:30am	
Strong & Lean Plus 9:30 - 10:15am	Cardio Barre 9:30-10:15am	Les Mills CORE™ 10:15-11:00am	Cycle 9:30-10:15am	BODYPUMP™ 5:30-6:30pm	BODYPUMP™ 9:30-10:30am	
Yoga Strength 10:15-11:15am	Cycle 10:15-11:00am	Line Dancing 10:30-11:30am	BODYBALANCE™ 10:30-11:30am			
Zumba 10:30-11:30am	Reset & Recover 10:30-11:15am	Strong & Lean Plus 4:30-5:15pm	Pilates Mat 5:00-5:45pm			
R.E.V. 5:00-5:45pm	Tabata 5:30-6:15pm	Core & More 5:30-6:00pm	BODYPUMP™ 5:30-6:30pm			
Freestyle Step 6:00-6:45pm	BODYPUMP™ 6:00-7:00pm	Cycle 6:00-6:45pm	Cycle/Strength 6:00-7:00pm			
Cycle & Core 6:00-7:15pm	Aqua Sculpt & Tone 6:00-6:45pm	Barre/Tabata Fusion 6:00-6:45pm	Aqua Sculpt & Tone 6:00-6:45pm			
Hot Yoga 6:30-7:30pm	BODYBALANCE™ 6:30-7:30pm	Zumba 6:30-7:30pm	Yin Yoga 6:30-7:30pm			
	Cardio Drum & Dance 6:30-7:15pm					

Don't Miss Tai Chi Pop-Up Classes:

- Jan 22: 9am - Studio 1
- Jan 29: 6:30pm - Studio 3
- Feb 5: 9am - Studio 1
- Feb 12: 6:30pm - Studio 3

Get excited about NEW Les Mills  
STRENGTH DEVELOPMENT™  
Coming Soon!

Mark Your Calendars for a  
Les Mills Launch on February 1!



\*Class Schedules are Subject to Change.

# GROUP FITNESS CLASS DESCRIPTIONS

## **Barre Burn - 45 Minutes**

Barre Burn is a next-level barre class that will have your muscles shaking & your body changing! This class is guaranteed to show you new muscles that your body will feel the next day! Combining Pilates & isometric training, you will love the results!

## **Barre- Tabata Fusion -45 min**

This dynamic, full-body workout blends the strength, core and grace of Barre and the high-intensity intervals of Tabata to create a unique, energizing experience. Expect to sculpt and tone your muscles, improve flexibility, and elevate your heart rate with short bursts of intense effort, followed by brief recovery periods. This class is designed for all fitness levels. Get ready to sweat, strengthen, and leave feeling empowered!

## **BODYATTACK™(Les Mills) - 60 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.

## **BODYCOMBAT™(Les Mills) 60 Minutes**

Les Mills Body Combat is a fiercely energetic program inspired by mixed martial arts. It draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

## **BODYCOMBAT™ Mashup- 60 Minutes**

This class uses Les Mills BODYCOMBAT tracks to build speed and power, along with conditioning tracks for endurance. Then finish off with some challenging core work using weights and bands to complete your workout!

## **BODYPUMP™ (Les Mills) - 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, you will get a total body workout. *Registration Required-40 spots*  
*BodyPump45 is an express format, 45 minutes*

## **BodyStep - 45 Minutes**

Basic stepping is at the heart of this step aerobic workout designed to tone your butt and thighs. You can expect upbeat stepping, squats, lunges, pushups, burpees and more for a fun, uplifting, full body workout.

## **Cardio Barre - 45 Minutes**

A full-body, low-impact workout that combines traditional barre exercises with bursts of cardio. This class will tone, strengthen, and lengthen your muscles and give you a great cardio workout.

## **Cardio Drum & Dance 45 Minutes**

Two drumsticks, a ball and some awesome tunes are the foundation for this fun, whole body workout. Join the party as we squat, lunge, dance, and drum our way through a variety of upbeat songs that will have your toes tapping and leave you wanting more!

## **BODYCOMBAT™ Mashup- 60 Minutes**

This class uses boxing tracks to build speed and power, along with conditioning tracks for endurance. Then finish off with some challenging core work using weights and bands to complete your workout!

## **Core & More - 30 Minutes**

Strengthen your core and more with this functional approach to core training. Multi-planar compound movements will target all components of your core and more!

## **Cycle/Strength - 60 Minutes**

Check both your cardio and strength boxes with this class: 30 minutes of cycling followed by 30 minutes of strength training for an action packed, complete workout!

## **Cycle - 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."

## **Les Mills CORE - 45 Minutes**

An intense core workout designed to build strength, stability and endurance in the muscles that support your core. More than just an ab workout, it includes exercises that utilize bands, weight plates and body weight exercises.

## **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!

## **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.

## **Line Dancing - 30 Minutes**

Low impact, easy to learn moves blended together for a fun choreography! Country, pop, hip hop, we will stomp it out to all different genres. Athletic shoes, no boots please.

## **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!

## **Step I.T. - 45 Minutes**

Step Interval Training—a blend of step patterns and strength work for a complete workout!

## **Strong and Lean Plus - 45 Minutes**

Not your traditional strength training...get strong and lean with alternative training techniques and tools with a sprinkle of cardio and core thrown in to cover all your bases! Change the way you train!

## **Studio Circ-IT - 45 Minutes**

An intermediate to advanced circuit class utilizing stations, intervals and different training tools to challenge your strength, cardio and balance skills.

## **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.

## **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!

## MIND & BODY FORMATS

### **BODYBALANCE™(Les Mills) @ - 60 Minutes**

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. *(Formerly known as BodyFlow)*

### **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.

### **Hot Yoga - 60 Minutes**

*Hot yoga is a mind, body and breath practice done in a heated room. It is a series of poses that connect with flow at a moderate to advanced level class that helps improve both your physical and mental health. Not recommended for heart patients, or if you are prone to overheating/heat intolerant.*

## **Pilates Mat @ - 45 Minutes**

Your mind is the coach and your muscles are the team! We will be stretching and strengthening every muscle from your fingertips to your toes. This format also incorporates exercises designed to improve posture, flexibility and balance.  
*Registration Required – 18 spots.*

## **Reset & Recover - 45 Minutes**

Designed to promote flexibility and mobility, increasing both functionality and range of motion—factors often overlooked but imperative to fitness and daily life. Reset your body to healthier ranges of motion and improved function using rollers, trigger balls and stretches. Feel the difference!

## **Sunrise Yoga – 60 minutes**

Begin your morning with this Vinyasa style class that uses flowing sequences of poses to increase strength, flexibility, endurance, and balance. A focus on breath, sun salutations, and other flowing poses will awaken your body and leave you ready to conquer your day!

## **Yin yoga- 60 Minutes**

De-stress with this slow paced, relaxing yin yoga class. Yin yoga uses Chinese principles to allow the mind to settle while focusing on the connective tissue, ligaments and the joints. This slow-paced yoga class is sure to leave you feeling grounded, connected, and mobile.

## **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.

## **Yoga Strength- 60 Minutes**

Connect your mind and body using the elements of yoga and the principles of strength training to tone your muscles while increasing your flexibility. You'll leave feeling the benefits of the yoga glow, hard work and relaxation!

## AQUA CLASSES

### **Athletic Aqua Intervals @ - 45 Minutes**

A combination of cardio and strength, using the water and other tools to add intensity and resistance. Tap into our inner athlete!

### **Aqua Box @ - 45 Minutes**

Think kickboxing meets water – all the intensity with none of the impact! Kicks, blocks, and punch combinations designed to improve your strength, flexibility, and cardiovascular conditioning.

### **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.

### **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.

### **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.