

# GROUP FITNESS SCHEDULE: FALL 2022

Effective 10/21/2022 (\*\* Subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	<b>Cycle 45</b> Cycle Studio	Strong & Lean Plus Studio 1	<b>Cycle 45</b> Cycle Studio	BodyPump™ Studio 1			
6:00am					Virtual RPM™ Cycle Studio		
7:00am		Virtual RPM™ Cycle Studio		Virtual RPM™ Cycle Studio			
7:15am						Virtual Sprint™ Cycle Studio	
8:00am	Gentle Moves Studio 1	Gentle Yoga Studio 1			Gentle Moves Studio 1		
	Aqua Box Lap Pool	Aqua Sculpt & Tone Lap Pool	Deep Water Athletes Lap Pool	Athletic Aqua Lap Pool			
8:30am				Strong & Lean Studio 1		<b>Cycle 45</b> Cycle Studio	Yoga Flex Studio 3
						BodyAttack™ Studio 1	
9:00am		BodyPump™ Studio 1	<b>Cycle 45</b> Cycle Studio				<b>Cycle 45</b> Cycle Studio
	Aqua Sculpt & Tone Therapy Pool		Aqua Sculpt & Tone Therapy Pool		Aqua Yoga Therapy Pool	AquaZumba™ Lap Pool	
9:15am	BodyCombat™ Studio 2		Pilates Mat Studio 2	<b>Cycle 45</b> Cycle Studio	Freestyle Step Studio 1		
	Strong & Lean Plus Studio 1				Tabata Sports Factory		
9:30am	Barre Studio 3	HIIT 30 Studio 2	REV Studio 1	Cardio Drumming Studio 1		BodyPump™ Studio 1	Body Pump™ Studio 1
							BodyCombat™ Studio 2
10:00am	Virtual RPM™ Cycle Studio						
10:15am		<b>Cycle 45</b> Cycle Studio			YogaFlex Studio 1		
10:30am	Zumba™ Studio 1		Pure Flow Vinyasa Studio 1	BodyBalance™ Studio 1			
1:00pm				Virtual RPM™ Cycle Studio		Virtual RPM™ Cycle Studio	Virtual RPM™ Cycle Studio
4:45pm			Strong & Lean Studio 1				
5:00pm	Strong & Lean Plus Studio 2						
5:15pm		Tabata Studio 2					
5:30pm	BodyAttack™ Studio 1	BodyPump™ Studio 1		BodyPump™ Studio 1			
		<b>Cycle 45</b> Cycle Studio					
6:00pm	Yoga Studio 3	Aqua Sculpt & Tone Therapy Pool		Cardio Drumming Studio 2			
	<b>Cycle &amp; Core</b> Cycle Studio / Studio 2			Aqua Sculpt & Tone Therapy Pool			
6:15pm			Athletic Intervals Studio 2				
			Virtual RPM™ Cycle Studio				
6:30pm		BodyBalance™ Studio 3	Zumba™ Studio 1	Virtual RPM™ Cycle Studio			
6:45pm							

**Class Registration is REQUIRED**

Purple highlighted are virtual classes  
Green text are Mind & Body classes  
Blue highlighted boxes are aqua classes



## GROUP FITNESS CLASS DESCRIPTIONS

- Classes marked with an ® indicates that registration is required. All registration for 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!
- We ask our members to register for ALL group fitness classes in which they'd like to participate. Registering for classes primarily assures that there will be appropriate space for members to enjoy the best possible class experience.

### ALL LEVELS

#### Athletic Intervals ®

Tap into your inner athlete in this drill based whole body workout. This class focuses on strength, agility, and cardio fitness. You don't have to play sports to train like an athlete!

#### Barre ®

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

#### 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, you will get a total body workout.

*Registration Required-40 spots*

*BodyPump45 is an express format, 45 minutes*

#### Cardio Drumming ®

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!

#### Cycling ® 45

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 Cycle 60 is a full hour*

#### Gentle Moves ® ☺



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.

#### 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!

#### RPM ®

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!

#### HIIT 30 ®

High intensity intervals designed to bring out your beast mode! HIIT it hard and fast and be on your way in 30 minutes!

#### Strong and Lean ®

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

#### Strong and Lean Plus ®

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!

#### Zumba™ ®

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.

#### Les Mills BodyCombat™ ®

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.

#### Freestyle Step ®

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

#### Sprint™ ®

High Intensity Interval Training utilizing the indoor bike to achieve fast results. This style of training pushes your physical and mental limits.

#### Tabata ®

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 BodyBalance™ ☺ ®

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

#### Gentle Yoga ☺ ®

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.

#### Pilates Mat ☺ ®

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.*

#### YogaFlex ☺ ®

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

#### Pure Flow Vinyasa ®

In this pure flow vinyasa practice, you will experience a strong sequence of postures linking with your breath. Deep relaxation, dharma (a little yogic philosophy), yogic breathing and rest is integrated into each class.

#### Yoga ☺ ®

Get ready to flow! This class is catered to all levels showing intensity and modifications. Variety of yoga poses will be practiced connecting mind, body and breath. The class will help on balance, flexibility, strength and focus.

#### Yoga Power Hour ®

An hour long power packed class that uses yoga to build both strength and flexibility. The format will include planks, bridges, wheels, and boats, progressing onto more advanced poses such as crow, peacock and head stands. Some previous yoga experience is recommended.

### 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. *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. *Registration Required – 25 spots*

#### Aqua Box ☺ ®

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. *Registration Required – 25 spots.*

#### Deep Water Athletes ☺ ®

The perfect way to cross train! Challenge your strength and core in the deep end, floatation belts provided, *Registration Required – 12 spots*

#### Athletic Aqua ☺ ®

A combination of cardio and strength, using the water and other tools to add intensity and resistance. Tap into our inner athlete! *Registration Required – 25 spots*