

## Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am Define 60 min. 1	5:30 am Circuit 60 min. G	5:30 am LES MILLS <b>GRIT</b> Strength 30 min. 1	5:30 am Circuit 45 min. G	5:30 am Tread and Shed 45 min. T	7:00 am LES MILLS <b>BODYPUMP</b> 60 min. 1
9:15 am Zumba 60 min. 2	8:15 am Define 45 min. 1	8:15 am Fit For Life 45 min. 1		8:15 am Fit For Life 45 min. 1	5:30 am LES MILLS <b>GRIT</b> Strength 30 min. 1	7:00 am Power Hour 50 min. 2
9:30 am Pilates 60 min. 1	9:15 am LES MILLS <b>BODYPUMP</b> 60 min. ** 1	9:00 am Yoga 50 min. P	9:15 am Zumba 60 min. 2		8:15 am Piyo 60 min. 1	8:00 am Step 60 min. 2
9:30 am Boot Camp 60 min. G	9:30 am Zumba 60 min. 2	9:15 am Define Intervals 60 min. 1	9:15 am Pilates 45 min. P	9:15 am WERQ 60 min. 2	9:00 am Excel Yoga 60 min. P	8:15 am PIYO 45 min. 1
10:40 am Boot Camp 60 min. G	10:30 am Yoga Express 30 min. 1	9:30 am WERQ 50 min. 2	9:30 am Double Pump 75 min. 1	9:15 am LES MILLS <b>BODYPUMP</b> 60 min. ** 1	9:30 am Zumba 60 min. 2	9:15 am Zumba 60 min. 2
		10:00 am Yoga 50 min. P	10:30 am Beginner Yoga 60 min. 2	10:30 am Impact 45 min. 1	9:30 am F.I.T. 45 min. 1	9:15 am Beginner Kickboxing 45 min. 1
	12:00 pm Power Hour 60 min. 1	5:00 pm Crunch 30 min. 2	12:00 pm Impact 45 min. 1	10:30 am Yoga Express 30 min. P	12:00 pm FIT Bar 45 min. 1	10:15 am Yoga 60 min. 1
			5:00 pm Zumba Gold 45 min. 2	4:45 pm LES MILLS <b>GRIT</b> Strength 30 min. 1		10:30 am Define 60 min. 2
	5:30 pm Define 60 min. 2	5:30 pm LES MILLS <b>BODYPUMP</b> 60 min. ** 1	5:30 pm Yoga 60 min. 1	5:30 pm Impact 45 min. 1	5:30 pm Impact 45 min. 1	
6:00 pm Yoga 60 min. 1		5:45 pm Beginner Yoga 60 min. 2	6:00 pm Define 50 min. 2	6:10 pm Zumba 60 min. 2		
	6:15 pm LES MILLS <b>GRIT</b> Strength 30 min. 1	6:45 pm LES MILLS <b>BODYPUMP</b> 60 min. ** 1	6:45 pm F.I.T. 45 min. 1	6:25 pm LES MILLS <b>BODYPUMP</b> 60 min. ** 1		
	7:00 pm WERQ 60 min. 2	7:00 pm Zumba 60 min. 2	7:00 pm Step 60 min. 2	7:35 pm Yoga 60 min. 1		

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**GRIT**

\*\* Les Mills BodyPump Classes require sign up with a Class Tag that can be obtained at the Front Desk 1/2 hour prior to class start. Limited to 35 members.

# Cycling Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:30 am</b> Power Ride 45 min.	<b>5:30 am</b> Cyclub 45 min.		<b>5:30 am</b> Ride 45 min.	<b>5:30 am</b> Power Ride 45 min.	<b>7:30 am</b> Ride 45 min.
<b>9:15 am</b> Ride 45 min.	<b>9:15 am</b> Ride 45 min.	<b>9:15 am</b> Interval-Core Ride 60 min.	<b>8:15 am</b> Ride 45 min.	<b>9:15 am</b> Ride 45 min.	<b>9:15 am</b> Ride 60 min.	<b>8:30 am</b> CyClub 45 min.
	<b>10:30 am</b> Express Ride 30 min.					
	<b>5:30 pm</b> Ride 45 min.	<b>5:30 pm</b> Ride for Beginners 30 min.		<b>5:30 pm</b> Ride 45 min.		
		<b>*Brand new riders should arrive 10 minutes early for bike set up</b>	<p>-All Riders must get a tag before class start. Tags can be picked up at the Front Desk up to 40 minutes prior to a class. Tag are placed next to the bike before class and then returned to the instructor after class. This ensures everyone gets an equal chance to enjoy the Ride classes. We appreciate your cooperation! Thank you and happy cycling!</p>			
		<b>6:15 pm</b> Cyclub 45 min.				

# Water Aerobics

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>8:30 am</b> WET Conditioning Lap Pool 60 min.	<b>9:00 am</b> WET Aerobics Lap Pool 60 min.	<b>9:00 am</b> WET Aerobics Lap Pool 60 min.	<b>8:30 am</b> Aqua Zumba Lap Pool 60 min.	<b>8:30 am</b> WET Aerobics Lap Pool 60 min.	<b>7:30 am</b> WET & Deep Lap Pool 60 min.
		<b>1:45 pm</b> WET Seniors Current Pool 60 min.		<b>1:45 pm</b> WET Seniors Current Pool 60 min.		<b>8:30 am</b> WET Current Conquest Current Pool 60 min.
	<b>5:30 pm</b> WET Aerobics Current Pool 60 min.		<b>6:00 pm</b> Hi Yo Current Pool 45 min.	<b>5:30 pm</b> WET Current Challenge Current Pool 60 min.		
		<b>6:30 pm</b> WET Current Conquest Current Pool 60 min.				



Keep the classes you like!  
Don't forget to always sign in for your classes  
in the studios

# Group Exercise Class Descriptions

Beginner Kickboxing This is an introductory class to Impact (see below). Learn the punches, kicks, and build endurance!

Boot Camp - Be ready for strength and cardio in a boot camp style. Fast paced and filled with challenges. This class is for those who are serious about getting in shape!

Circuit - Maximize your workout time! This interval training class has it all - strength training, high intensity cardio and lots of ab work to target stored body fat. Bags, bars and more will be incorporated into this fast pace, intense class.

Crunch - It's all about the abs and core in this power packet 1/2 hour class.

Define - This hard core sculpting class is just what you need to add cuts, contours and tone your entire body. *Define + abs devotes additional time to ab and core work. Define Intervals integrates cardio/strength intervals.*

Double Pump - This unique 75 minute class races from the elliptical to the treadmill to the studio for a cardio challenge, while you lift weights and do solo, partner, and team training. Games are possible - fun is definite!

F.I.T. - Fast Integrated Training. Challenge yourself with this intense conditioning class based on work capacity circuits, body weight strength, speed and agility. The variety will always keep you and your body guessing.

F.I.T. Bar - Inspired by traditional barre classes, FIT Bar is designed to bring balance to the body of gym enthusiasts using a combination of poses inspired by ballet, Yoga and Pilates while using a Barbell. Each body part will be strengthened using the length of the lever to create dynamic results. This class is truly beneficial to all levels.

Fit For Life - Develop a lifelong skill that can increase your longevity. Strength training! Whether you are a beginner or have been lifting for years this 60 minute workout will improve your quality of life.

Impact - This knockout class is all you need to burn unwanted fat! You'll get your cardio and strength training through kickboxing moves using bags, mitts, jump ropes and more.

Les Mills Body Pump - This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

Les Mills GRIT™ Strength: is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

Pi-Yo - A Pilates/Yoga inspired class designed to build strength and gain flexibility. Upbeat and energetic music will guide you through this fun, fast-paced format. All levels welcome - everything can be modified!

Power Hour - One hour of a combination of heavy cardio, strength, and core. Anything goes in this class! Challenge yourself and feel great!

Pilates - This 45 minute mat class incorporates exercises designed to build a base of strength, toning, and flexibility necessary to progress to a higher degree of body awareness.

Step - An intense aerobics class using the Step with particular emphasis on hips, thighs, abdominals, and buttocks.

Tread and Shed- Need an early morning kicker? Try this 1/2 hour class on the treadmills upstairs that will get your heart pumpin' and your body energized for the whole day!

WERQ- WERQ is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music. The signature warmup previews the dance steps used in class and the cooldown includes balance and yoga inspired poses. Are you ready to WERQ?

Yoga- Classes are fitness based and great for increasing mindfulness and flexibility. Gain clarity and honor the strength you already possess through gentle movement and strengthening sequences. All levels welcome.

Zumba- The craze across the country! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

Zumba Gold - Modifies the moves and pacing to suit the needs of the active older participant, beginners, or anyone who wants all the fun of Zumba at a LOW IMPACT pace.

*-Continued on back-*

# Group Exercise Class Descriptions, *continued*

Ride for Beginners - Always wanted to try the class but don't know how to start? Ride for Beginners is a 20 minute - 30 minute ride that will introduce you to bike set up and teach you the basics in ride. Come and find out what a great calorie burning, lower body strength class this is!

Ride - A 45-minute class that is good for new riders and experienced riders. Choose your own level and pace and we take you through a variety of rides that focuses primarily on cardio endurance and strength.

Interval-Core Ride - Intervals are the fastest way to fitness. Each class has different intervals for 45 min. Last 15 minutes are core strengthening.

Power Ride - Ride into high gear with this exhilarating 45 minute cycling class. Instructors will demonstrate intensity options.

Cyclub- It's time to party on a bike! Cyclub is the first fully immersive, entertainment based indoor cycling class. Each class features your favorite songs from a variety of music genres melded with the pulse pounding excitement of a fully synchronized light show. Cyclub puts you at the center of a unique and epic audio visual experience that promises to be the most entertaining workout of your life.

## **Water W.E.T. Descriptions**

W.E.T. Aerobics - Enjoy our cardiovascular workout including warm-up, cool down, and stretching.

W.E.T. Current Challenge - Working against the current will challenge your whole body.

W.E.T. Current Conquest - This class is a calorie burning, high energy pool workout, set to upbeat music to keep you motivated. The class will utilize a variety of equipment to help tone the entire body and keep your heart pumping. The class will work primarily against the current and will focus on strength and conditioning in the last 20 minutes of the class without the current, giving you a workout like no other. Be prepared to sweat!

W.E.T. & Deep - Working out deep! Includes cardiovascular, resistance, toning, warm-up, cool down. & stretching.

W.E.T. Conditioning - Strengthen and tone in this class using a variety of equipment.

W.E.T. Seniors - A class geared toward the seniors. A full body strength and conditioning class. Range of motion/flexibility is a large consideration in this class.

HiYo - Burn massive calories in this cardio interval workout. Total body conditioning with less joint stress makes HI-YO appropriate for all ages and fitness levels. High intensity segments (HI) are paired with Yoga inspired moves for recovery (YO).

## **Group Exercise Policies**

Always inform your physician before starting a new exercise program. Inform the instructor and club of any health issues or if you become pregnant.

Workout at your own pace and listen to your body. If something hurts, stop. Know the difference between muscle discomfort and actual pain. Work within your target heart rate. If you are unsure, ask an instructor.

Be considerate of others in class. For the safety of all members be sure to keep a safe distance between you and other members/instructor, do not use equipment or weights unless instructed by an instructor, and follow class format and routine as instructed.

Wear a separate pair of workout shoes for in the club. This keeps your shoes in shape and helps maintain the studio floors.

Bring a water bottle and be sure you keep hydrated through the class.

All equipment should be returned to it's proper place at the conclusion of each class. Equipment may not be removed from the studio door unless instructed by an instructor.

Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 10 people may be dropped.

Always make sure you sign in each class!  
Ride class sign up is located at the Front Desk and Ride tags are available one hour before each class.

If you have any questions or concerns, please feel free to contact

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