



GROUP FITNESS SCHEDULE

Effective 01/02/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM LESMILLS BODYCOMBAT		5:15 AM LESMILLS BODYCOMBAT	8:30 AM CYCLING Express		
7:00 AM LESMILLS CXWORX	8:30 AM CYCLING Express	6:30 AM LESMILLS CXWORX	9:15 AM Aqua	6:30 AM LESMILLS CXWORX	8:15 AM LESMILLS BODYPUMP
8:30 AM LESMILLS BODYPUMP	9:15 AM ZUMBA FITNESS	8:30 AM LESMILLS BODYPUMP	10:00 AM ZUMBA FITNESS	8:30 AM LESMILLS BODYPUMP	9:30 AM LESMILLS BODYCOMBAT
9:15 AM Aqua	10:30 AM Aqua	9:35 AM CYCLING Express	11:00 AM FITNESS 101	8:30 AM Aqua	9:30 AM CYCLING
11:00 AM FITNESS 101	5:15 PM KICKBOXING \$	10:30 AM Aqua	11:15 AM Vinyasa	9:40 AM LESMILLS CXWORX	9:30 AM BARRE INTENSITY <small>INTENSE SHAPE. INTENSE YOU!</small>
11:30 AM BARRE INTENSITY <small>INTENSE SHAPE. INTENSE YOU!</small>	5:30 PM CYCLING 	11:30 AM Cardio Line Dancing	5:15 PM LESMILLS BODYPUMP	10:00 AM Gentle Yoga 	10:35 AM Vinyasa
5:30 PM LESMILLS BODYPUMP	6:15 PM Express ZUMBA FITNESS	5:30 PM LESMILLS BODYCOMBAT	6:05 PM LESMILLS CXWORX		10:40 LESMILLS CXWORX
6:35 PM CYCLING 	7:05 PM LESMILLS CXWORX	5:30 PM CYCLING 	6:35 PM CYCLING Express		11:15 AM ZUMBA FITNESS
6:35 PM MAT PILATES 		6:35 PM LESMILLS BODYPUMP	6:35 PM Vinyasa		
6:35 PM LESMILLS BODYCOMBAT			6:40 PM KICKBOXING \$	Silver & Fit Classes Fee Based Class	

Club Hours:

Monday – Thursday
Friday
Saturday
Sunday

5:00 AM – 11:00 PM
5:00 AM – 8:00 PM
8:00 AM – 8:00 PM
8:00 AM – 4:00 PM

ZUMBA (55 min)

This fun & easy to follow cardio dance class combines high-energy & motivating Latin music with moves that make you feel like you are partying on the dance floor.

LESMILLS BODYPUMP (55 min) (Exp. 45 min)

BODY PUMP is a rapid fat-burning class that uses barbells and plates to give you the fastest way to tone & condition muscles! In one class there are over 800 reps!

LESMILLS BODYCOMBAT (55 min) (Exp. 45)

BODY COMBAT combines moves and stances inspired from many self-defense disciplines such as karate, boxing, Muay Thai, Capoeira, & kickboxing. It is a fiercely energetic class cardiovascular class designed to fight fat and kick calories.

LESMILLS CXWORX (30 min)

CXWORX builds core strength, improves functional fitness of the abdominals, mid-section, glutes, and works the cross-slugs, which run from the upper to lower body. You will work with resistance tubes, weight plates and your body weight.

Fitness 101 (55 min)


Low impact classes that get you in shape.
Mondays : Cardiovascular exercises
Thursdays : Flexibility, balance and strength

BARRE INTENSITY (55 min) \$

Barre Intensity combines attributes of Pilates, dance and functional fitness training. Small isolated movements fatigue the muscles, large ranges of motion elevate the heart rate, and sequences incorporate the upper and lower body to make every minute count.

Kickboxing (45 min) \$

Kickboxing combines HIIT, core, stability & agility exercises. This fast-paced cardio class is great for relieving stress as you punch and kick the bag! You will build stamina, improve coordination & flexibility, and burn calories as you build lean muscles. Hand wraps and boxing gloves required.

 MAC Silver & Fit Class - classes designed for older and active adults, beginners, and those with limited physical skills.

\$ Fee based class. Class pass purchase required.

Gentle Yoga (55 min)

Hatha Yoga - This is a relatively gentle and slow practice that is great for beginners or students who prefer a more relaxed style where they hold poses longer.

Vinyasa Flow Yoga (55 min)

Classes include vigorous workouts made of power movements, sequences of flowing postures, movement with breath, and challenge poses. You will heighten your mind-body awareness, focus, & clarity with this practice.

Cycling (55 min) (Exp. 45 min)

Indoor cycling utilizes innovative, motivational techniques for a great cardio workout! You control your own resistance as you journey through hill climbs, sprints, and flats. New riders, please arrive early for bike set up assistance.

Cardio Line Dance (55 min)

Get a great workout in with upbeat music & fun dance moves. You will have fun at every class.

Mat Pilates (45 min)

This blend of strength & flexibility training improves posture, reduces stress & creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked.

Aqua (T, W 45 min/ M, Th, F 60 min)

Aqua classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age & fitness level

Club Hours:

Monday - Thursday 5 AM - 11 PM

Friday 5 AM - 8 PM

Saturday 8 AM - 8 PM

Sunday 8 AM - 4 PM

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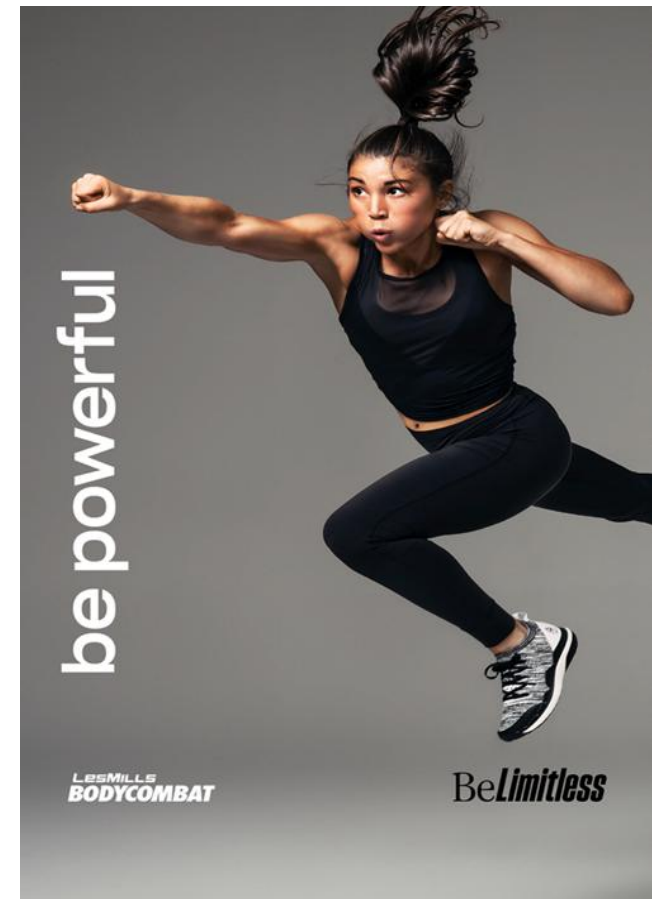
Kelley Toups - Group Fitness Director

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Schedule subject to change.

Please check our webpage & social media for daily updates.



Group Fitness Schedule



Revised 01/02/2020