

Jan. 2nd 2019

GROUP EXERCISE SCHEDULE



GROUP EXERCISE ROOM

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|---|--|--|---|---|
| 6:00 AM | LES MILLS BODYPUMP (Traci) 45 | | LES MILLS BODYPUMP (Traci) 45 | | | | |
| 8:30 AM | LES MILLS BODYPUMP (Traci) 55 | ZUMBA (Kathleen) 55 | LES MILLS BODYCOMBAT (Traci) 55 | ZUMBA (Lauren) 55 | LES MILLS BODYCOMBAT (Natilia) 55 | <i>Dance Fit</i> (Traci) 55 | |
| 9:30 AM | ZUMBA (Lauren) 55 | tone (Erin) 45 | LES MILLS BODYPUMP (Ashley) 55 | tone (Erin) 45 | LES MILLS BODYPUMP (Ashley) 55 | LES MILLS BODYPUMP (Traci) 55 | |
| 10:30 AM | <i>Yoga</i> (Lauren) 55 | <i>CHISEL</i> (Kimberly) 55 | <i>Yoga</i> (Lauren) 55 | <i>CHISEL</i> (Spence) 55 | <i>Stretch</i> (Traci) 55 | <i>Stretch</i> (Traci) 55 | |
| 12:00 PM | LES MILLS BODYPUMP (Jeremy) 55 | | LES MILLS BODYPUMP (Natilia) 45 | | | | |
| 1:00 PM | SilverSneakers FITNESS (Kerry Ann) 45 | SilverSneakers FITNESS (Kerry Ann) 45 | | SilverSneakers FITNESS (Kerry Ann) 45 | SilverSneakers FITNESS (Kerry Ann) 45 | | LES MILLS BODYPUMP (Traci) 45 |
| 2:00 pm | | | | | | | LES MILLS BODYCOMBAT (Traci) 45 |
| 4:30 PM | LES MILLS BODYCOMBAT (Christal) 55 | <i>Stretch</i> (Traci) 55 | tone (Shannon) 45 | LES MILLS BODYPUMP (Natilia) 55 | | | |
| 5:30 PM | LES MILLS BODYPUMP (Christal) 55 | <i>Dance Fit</i> (Traci) 55 | LES MILLS BODYPUMP (Geana) 55 | <i>Dance Fit</i> (Ashley) 55 | <i>Stretch</i> (Traci) 55 | | |
| 6:30 PM | <i>Dance Fit</i> (Ashley) 55 | LES MILLS BODYPUMP (Lauren) 55 | <i>Dance Fit</i> (Ashley) 55 | <i>Yoga</i> (Lauren) 55 | | | |
| 7:30 PM | <i>Yoga</i> (Eli) 55 | | <i>Yoga</i> (Eli) 55 | | | | |

CYCLING ROOM

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|---------------------------------------|--|---------------------------------------|---|--------|
| 6:00 AM | | LES MILLS sprint (Traci) 30 | | LES MILLS sprint (Traci) 30 | LES MILLS sprint (Traci) 30 | | |
| 8:30 AM | | LES MILLS RPM (Ashley) 45 | | <i>Cycle</i> (Meredith) 45 | | <i>Cycle</i> (Rotation) 45 | |
| 9:30 AM | LES MILLS sprint (Ashley) 30 | | <i>Cycle</i> (Meredith) 45 | | <i>Cycle</i> (Erin) 45 | | |
| 12:00 PM | | LES MILLS RPM (Stephanie) 45 | | <i>Cycle</i> (Meredith) 45 | | ZONE EAST FACILITY HOURS MONDAY - THURSDAY 5AM - 11PM FRIDAY 5AM - 10PM SATURDAY & SUNDAY 7AM - 7PM | |
| 5:30 PM | <i>Cycle</i> (Erin) 45 | LES MILLS RPM (James) 45 | <i>Cycle</i> (Erin) 45 | LES MILLS RPM (Stephanie) 45 | | | |
| 6:30 PM | LES MILLS sprint (Traci) 30 | | LES MILLS sprint (Traci) 30 | | | | |

FLEXIBILITY/STRETCH CLASSES

Yoga

This Class is a moderately paced Vinyasa flow class and students will continue to build awareness, strength, and skill!

Stretch

A Total body stretch class. Great for relaxing, stretching and lengthening tight muscles. One of the greatest benefits of stretching is that you are able to increase your range of motion, which means your limbs and joints can move through a greater range, keeping injury's AWAY!

Silver Sneakers

This class uses a variety of techniques to build balance that is so important in everyday life. This class will help enable you to strengthen your lower body and core muscles. Good for "every" Body!

CARDIOVASCULAR CLASSES

LES MILLS BODYCOMBAT

The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts such as karate, boxing, tai chi, and muay thai.

Dance Fit

A PARTY on the dance floor! Mixing the latest music with fun and quick dances while adding the extra level of fitness!

Zumba

A HIGH Energy, salsa-dance inspired low-impact movement set to Latin music; a great cardio workout for any fitness level.

Cycle

The benefits of indoor cycling classes can be enjoyed by almost any age group. Whether you ride for fun, to lose weight or improve our health, cycling offers all of this and more!

LES MILLS RPM

Les Mills RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within- sweat and burn to reach your endorphin high!

LES MILLS SPRINT

Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

LES MILLS TONE

TONE™ features the optimal mix of strength, cardio and core training. With our 30 and 45 minute options, this is a great cross training option for busy people on the go! We mix lunges, squats, running and tubing exercises with great music to leave you feeling satisfied.

STRENGTH/TONING CLASSES

LES MILLS BODYPUMP

A weights class for absolutely everyone. This form of weight training will make you tone, lean, and fit! Using light to moderate weights with lots of repetitions This class gives you a total body workout that burns lots of calories!

Chisel

This class incorporates cardio interval training and strength training. You will be utilizing various equipment for the strength segment, This class will keep your heart elevated through the entire workout giving you a total body workout!

Key Codes:

Day and Time of Class
Name of Class
Instructor
Length of Class