

# WEST GROUP EXERCISE SCHEDULE



GROUP EXERCISE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS CXWORX</b> 30	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS CXWORX</b> 30	<b>LES MILLS GRIT</b> 30 CARDIO		
7:00AM	<b>LES MILLS BODYFLOW</b> 45	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS BODYFLOW</b> 45	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS BODYFLOW</b> 45		
8:00AM	<b>LES MILLS BODYCOMBAT</b> 30	<b>LES MILLS SH'BAM</b> 30	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS SH'BAM</b> 45	<b>LES MILLS BODYCOMBAT</b> 45	<b>LES MILLS GRIT</b> 30 CARDIO	
9:00AM	<b>Barre</b> (Meredith) 45	<b>#PowerHour</b> (Traci) 45	<b>ZUMBA</b> (Lauren) 55	<b>#PowerHour</b> (Traci) 45	<b>ZUMBA</b> (Celine) 45	<b>Barre</b> (Meredith) 45	
10:00AM	<b>#PowerHour</b> (Steve) 45	<b>Yoga</b> <b>Active</b> (Lauren) 45	<b>#PowerHour</b> (KJ) 45	<b>Stretch</b> (Eliza) 45	<b>#PowerHour</b> (KJ) 45	<b>Stretch</b> (Meredith) 45	
11:00AM	<b>Silver Sneakers Circuit</b> (Dennis) 45		<b>Silver Sneakers Classic</b> (Dennis) 45		<b>Silver Sneakers Classic</b> (Dennis) 45	<b>ZUMBA</b> (Tristin) 45	
12:00PM	<b>LES MILLS SH'BAM</b> 30	<b>LES MILLS BODYCOMBAT</b> 30	<b>LES MILLS CXWORX</b> 30	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS BODYFLOW</b> 30		
1:00PM							<b>ZUMBA</b> (Alyssa) 45
3:30PM	<b>LES MILLS CXWORX</b> 30	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS CXWORX</b> 30	<b>LES MILLS GRIT</b> 30 CARDIO	<b>LES MILLS CXWORX</b> 30		
4:30PM	<b>LES MILLS BODYCOMBAT</b> 45	<b>Yoga</b> (Daniel) 45	<b>LES MILLS BODYCOMBAT</b> 45	<b>Yoga</b> (Daniel) 45	<b>LES MILLS BODYCOMBAT</b> 45	<p><b>KEY</b></p> <p> Highlighted classes have a live instructor</p> <p> The play button Notates a virtual class</p>	
5:30PM	<b>#PowerHour</b> (Steve) 45	<b>Dance Fit</b> (Celine) 45	<b>#PowerHour</b> (Steve) 45	<b>Dance Fit</b> (Celine) 45	<b>LES MILLS SH'BAM</b> 45		
6:30PM	<b>ZUMBA</b> (Celine) 45	<b>#PowerHour</b> (Steve) 45	<b>ZUMBA</b> (Celine) 45	<b>#PowerHour</b> (Steve) 45	<b>LES MILLS GRIT</b> 30 CARDIO		
7:30PM	<b>LES MILLS CXWORX</b> 30		<b>LES MILLS CXWORX</b> 30		<b>LES MILLS SH'BAM</b> 45		

## CLASS DESCRIPTIONS

### STRENGTH/TONING CLASSES

#### #PowerHour

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!

#### Silver Sneakers Classic

Designed to increase muscle strength, range of movement, and improve daily living. A chair is used for seated exercises and standing support. All movements can be modified to fit all fitness levels!

#### Silver Sneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upperbody strength work with hand held weights, elastic tubing with handles, and a silver sneaker ball is alternated with low impact aerobic choreography.

#### Silver Sneakers Muscle

Incorporates athletic-based exercises that improve upper body conditioning. Move through several "blocks" of work that contain exercises focused on different muscle groups.

#### Barre

A high-energy, fun and challenging workout that will get your heart rate up, lift your tush and tone and tighten all the right areas. Utilizing a ballet barre, this class incorporates isometric movements, Pilates, yoga, cardio and resistance training achieving that awesome. All levels welcome

#### Les Mills CXWORX Virtual

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

### CARDIOVASCULAR CLASSES

#### Zumba

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

#### Les Mills Bodycombat Virtual

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

#### LesMills Sh'Bam Virtual

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

#### Silver Sneaker Move

A higher intensity dance workout class that improves cardio endurance and burns calories. Move is all about fun! The class focuses on cardio by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

#### 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!

### FLEXIBILITY/STRETCH CLASSES

#### Yoga

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

#### Yoga Luscious

Join us on the mat and learn how to link breath with movement and to breath to maintain balance in your mind body and soul. Walk away feeling luscious!

#### Silver Sneakers Balance

Balance is designed to help you become stronger and improve balance. The movements in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints.

#### Les Mills Bodyflow Virtual

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

#### 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!

**ZONE WEST FACILITY HOURS**  
 MONDAY - THURSDAY 5AM - 11PM  
 FRIDAY 5AM - 10PM