

EAST GROUP EXERCISE SCHEDULE



GROUP EXERCISE ROOM

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|---|---|---|---|-----------------------------------|---------------------------------|
| 6:00 AM | | | | | | | |
| 8:30 AM | LES MILLS BODYPUMP (Traci) 45 | #PowerHour (Natalia) 45 | LES MILLS BODYCOMBAT (Natalia) 45 | ZUMBA (Lauren) 45 | LES MILLS BODYCOMBAT (Natalia) 45 | POWERPUMP (Rotation) 45 | |
| 9:30 AM | ZUMBA (Lauren) 45 | tone (Maribel) 45 | LES MILLS BODYPUMP (Natalia) 45 | tone (Maribel) 45 | LES MILLS BODYPUMP (Lauren) 45 | Dance Fit (Eliza) 45 | |
| 10:30 AM | Yoga Luscious (Lauren) 45 | #PowerHour (Steve) 45 | Yoga Luscious (Lauren) 45 | #PowerHour (Natalia) 45 | #DeepStretch (Traci) 45 | #DeepStretch (Eliza) 45 | |
| 12:00 PM | | | LES MILLS BODYPUMP (Natalia) 45 | | ZUMBA (Celine) 45 | | |
| 1:00 PM | | Silver Sneakers Classic (Dennis) 45 | | Silver Sneakers Classic (Dennis) 45 | | | #PowerHour (Steve) 45 |
| 2:00 PM | | | | | | | |
| 4:30 PM | | LES MILLS BODYPUMP (Christal) 45 | | LES MILLS BODYPUMP (Christal) 45 | | | |
| 5:30 PM | LES MILLS BODYPUMP (Christal) 45 | ZUMBA (Silvio) 45 | LES MILLS BODYPUMP (Christal) 45 | Dance Madness (Ashley) 45 | ZUMBA (Tristin) 45 | | |
| 6:30 PM | Dance Madness (Ashley) 45 | Yoga (Daniel) 45 | Dance Madness (Ashley) 45 | Yoga (Daniel) 45 | | | |
| 7:30 PM | | | | | | | |

Key

Highlighted classes will be recorded for the live stream.

CYCLING ROOM

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|-------------------------------|--|---------------------------|---------------------------|---------------------------|
| 6:00 AM | LES MILLS THE TRIP | LES MILLS sprint (Traci) 30 | LES MILLS THE TRIP | LES MILLS sprint (Traci) 30 | LES MILLS THE TRIP | | |
| 8:30 AM | | Cycle (Meredith) 45 | | LES MILLS RPM (Stephanie) 45 | | LES MILLS THE TRIP | |
| 9:30 AM | LES MILLS sprint (Ashley) 30 | | Cycle (Meredith) 45 | | LES MILLS THE TRIP | | |
| 12:00 PM | LES MILLS THE TRIP | LES MILLS RPM (Stephanie H) 45 | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | | |
| 1:00 PM | | | | | | | LES MILLS THE TRIP |
| 4:30 PM | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | |
| 5:30 PM | Pedal Party (Josh) 45 | LES MILLS sprint (Ashley) 30 | Cycle (Daniel) 45 | LES MILLS THE TRIP | LES MILLS THE TRIP | | |
| 6:30 PM | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | LES MILLS THE TRIP | | |



CLASS DESCRIPTIONS



FLEXIBILITY/STRETCH CLASSES

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

#DeepStretch
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!

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!

Key Codes:
Day and Time of Class
Name of Class
Instructor
Length of Class

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!

Dance Madness
A TWERK 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.

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.

Pedal Party
In this 55 minute class you will work to the beat of the music. Expect to challenge both your endurance and strength! This class brings a party on the bike!

CycmashUp
Ready to go beast-mode on a bike? You'll get your chance in cycmode, a road cycling inspired class. Experience great calorie-burning results while taking on fast flats, challenging climbs, and intense intervals.

Les Mills The Trip
A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

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!

#PowerHour/PowerPump
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!

ZONE EAST FACILITY HOURS
MONDAY - THURSDAY 5AM - 11PM
FRIDAY 5AM - 10PM
SATURDAY & SUNDAY 7AM - 7PM