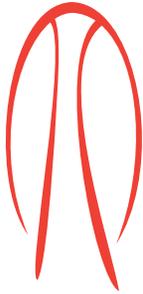


Key
 30 min. class
 45 min. class
 60 min. class
 75 min. class
 12-13yr olds w/ a parent★

GROUP EXERCISE

SEPTEMBER 2019



SPORTSPLEX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Studio	5:30AM		LES MILLS BODYPUMP Jaclyn		LES MILLS BODYPUMP Jaclyn	7:30AM	LES MILLS BODYPUMP Brian
	9:15AM	LES MILLS BODYCOMBAT ★ Sherri	LES MILLS BODYPUMP Shannon	HIIT Alyson	LES MILLS BODYPUMP Alyson		LES MILLS BODYPUMP ★ Camille
	10:15AM			LIIT Jane		8:00AM	LES MILLS BODYCOMBAT ★ Camille
	5:00PM		HIIT Jordan			8:30AM	LES MILLS BODYCOMBAT ★ Camille
	5:30PM	LES MILLS BODYCOMBAT ★ Sherri	LES MILLS BODYPUMP Alyson	Guts & Glutes Kristen	LES MILLS BODYPUMP Sherri	9:00AM	STRONG ★ Alyson
	6:00PM	LES MILLS BODYPUMP ★ Sherri			LES MILLS BODYCOMBAT ★ Camille	9:30AM	LES MILLS GRIT Brian
	6:15PM			STRONG ★ Alyson			
	6:30PM	BOOT CAMP Shanna	LES MILLS BODYCOMBAT ★ Kristen		LES MILLS GRIT Shanna		

NEW CLASS

STRONG

Wednesday @ 615p
 Sunday @ 9a

Spinning® Studio	5:30AM		SPINNING® Shannon		Road Ride John	8:00AM	Road Ride John
	6:30AM	SPINNING® EXPRESS Michele				8:30AM	Weekend Ride Michele
	8:15AM		SPINNING® Sherri		SPINNING® Julie	9:30AM	SPINNING® Lois
	9:15AM	SPINNING® Shannon		SPINNING® Sherri		Friday Hills Lori	
	5:30PM		SPINNING® Lori	SPININTENSITY Jeanne		LABOR DAY CLASSES 8:30a WaterX 9a BodyCombat, Spin & Yoga CLUB HOURS 7a-7p	
	6:30PM	Video Ride John					

Wellness Studio	5:30AM				Sunrise Yoga ★ Cindy	8:00AM	Power Vinyasa ★ Lori	Pilates ★ Milena
	6:30AM	Sunrise Yoga ★ Delia				9:00AM		Vinyasa ★ Marie/Cindy
	9:15AM	Cardio Sculpt Kristen	BOSU Core Strength ★ Kelly	Barre ★ Lena	TIGHTEN & TONE YOGA ★ Angie	9:15AM	Gentle Yoga ★ Nancy	
	10:30AM	Gentle Yoga ★ Angie	Gentle Yoga ★ Nancy	Gentle Yoga ★ Lori	Chair Yoga Nancy			
	4:30PM	Flow & Restore ★ Stefanie		Vinyasa ★ Jane	Power Vinyasa ★ Marie	YOGA-LATES ★ Fallon		
	5:30PM		Vinyasa ★ Angie			Happy Hour Yoga ★ Cindy		
	6:30PM	Vinyasa ★ Marie	Yin ★ Nancy	Pilates Express ★ Jeanne	Gentle Flow & Restore ★ Angie			
7:00PM			Power Vinyasa ★ Marie					

NEW CLASS

Vinyasa: Tuesday @ 530p

NEW CLASS TIME

Gentle Yoga: Sat @ 915a

Water Exercise Schedule							
Pool	9:00AM	Water Exercise Diana		Water Exercise Mary	Aqua Tabata Shannon	Water Exercise Diana	

BUBBLE GOING UP

NO WaterX Classes
 Sept 6th, 9th, 11th, 12th & 13th

GROUP EXERCISE

We offer muscle conditioning and cardiovascular training through our group exercise classes. Our group exercise classes are located in our main studio.

BODYCOMBAT™/BODYCOMBAT™EXPRESS:

This fiercely energetic program is done in a 60 or 30 minute format. It is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYPUMP™/BODYPUMP™EXPRESS: This barbell class is done in a 60 or 30 minute format. This is the original barbell class that strengthens your entire body. The workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BOOTCAMP: This class incorporates cardio, strength, interval, circuit, agility, plyometrics and body weight training to improve cardio, stamina, reduce body fat, and create lean muscle. Participants commence each workout with running and dynamic stretching before moving on to more explosive, intense workouts.

HIIT: This high intensity interval training class is designed to challenge your strength, aerobic endurance and core conditioning. A variety of equipment will be utilized. 30 & 60 minute classes

STRONG by Zumba® Combines high intensity interval training with the science of synced music motivation. In every class, music & moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

GRIT™: 30 minutes of high-intensity interval training (HIIT). The HIIT training effect means you will burn calories for hours after the workout. You will increase aerobic fitness, unleash fast-twitch muscle fibers & grow lean muscle tissue.

CARDIO CIRCUIT: In this 30 minute class you will move from station to station with little rest to enhance your cardiovascular fitness. All fitness levels welcome

GUTS & GLUTES: 45-minute challenging interval class that will work your entire body with functional moves to injury-proof your body. This class can be the perfect compliment to your current routine. Without pounding your joints, you'll get a fat burning workout that is fun & effective using mostly your own body weight plus a variety of different tools.

SILVER STRONG: Low impact cardio movements along with light weight training to tone & sculpt your body. All while developing better balance & movement.

LIIT: In this class you will increase strength, aerobic endurance & core conditioning. Multiple pieces of equipment will be used along with bodyweight training.

SPINNING®

Meet us in the Spinning Studio where our certified instructors will take you journey of flats, hills and drills while burning 400–800 calories in as little as 45 minutes

THEME RIDE: You will be surprised each week with a new & exciting theme. You'll torch calories while getting groovy with the 70's, sing along to the 80's, rocking it out with a rock mix. You don't want to miss this 45-minute, fun-filled class. Eileen may even take requests!

SPINNING® Spinning encourages participants to shift and broaden their perspective by exposing them to new ideas and a variety of training styles and energy zones.

BASICS OF SPIN: This beginner class is designed to get you started on your Spinning journey. You will learn seat and hand positions. During this 30 minute class you will go through several different flats, jumps, and seated/standing climbs.

FRIDAY HILLS: This ride is designed to build your strength while climbing hills and working the down hills as your active recovery.

ROAD RIDE: Looking for a ride that simulates a true road journey? Look no further! An avid cyclist will take you on a strong, steady ride that is just like an outdoor journey

SPINNING EXPRESS: In this 30 minute express spin you will get your heart pumping and burn calories to feel energized throughout the day.

SPINTENSITY: This challenging 45 minute workout will help you increase your strength, endurance & cardiovascular fitness. Interval training including tabats to help you bring your training to a new level. All fitness levels welcome. Come ready to sweat

VIDEO RIDE: Enjoy a journey with scenic views provided on movie theatre screen in this exciting class.

WEEKEND RIDE: 45 minute heart pumping spin class. You will be lead through a series of Sprints, Hills, Jumps, Flats and Down Hills to heart pumping music to keep you going for the rest of the weekend!

WELLNESS

Wellness classes offer an overall sense of well being while being gentle to the body. All wellness classes are offered in our Wellness studio. Entrance to class 10 minutes after start time is not permitted for safety reasons. Please keep our studio clutter free by leaving personal effects and phones in the locker rooms.

BARRE: Get ready to sculpt and tone your body in a whole new way! A Pilates based class that combines booty sculpting barre work. This full body workout will utilize the barre, some light weights and of course belly busting mat work!

GENTLE FLOW & RESTORE: a class that combines a warming vinyasa flow with a sweet and relaxing restorative yoga practice that will cultivate deeper physical opening, healing and a meditative mindset.

CARDIO SCULPT: During this low impact class you will burn fat, tone and shape your body using a variety of fitness equipment. All fitness levels welcome!

YOGA-LATES: Beginning with a core centered vinyasa, followed by 15 minutes of pilates, 15 minutes of flex and stretch, and closing with a savasana.

PILATES: Strengthens & tones muscles, improves posture, provides flexibility & balance, unites body & mind, & creates a more streamlined shape.

PILATES EXPRESS: In just 30 minutes you will improve flexibility, build strength, improve coordination & develop a strong core through alignment & breathing.

TIGHTEN & TONE YOGA: Amp up your yoga with resistance bands! Adding resistance to yoga postures significantly increases muscle engagement, stepping up muscle tone & body strengthening. This class seeks to load muscles in all ranges of motion, improving functionality in muscles & joints while creating a leaner, firmer, sculpted body.

GENTLE/SUNRISE YOGA: This enjoyable class is suitable for beginners and advanced students. By slowing down the Vinyasa practice, the breath is never lost and always the center of focus. Gentle movements and restorative postures will be incorporated to help release chronic tension, develop strength in the body and create heat.

BOSU CORE STRENGTH: Every muscle needs to turn on especially your core when you're on the BOSU. In this killer ab class you will also work on flexibility balance and even some cardio to spice it up. Let's have some fun, try something new, think "diversify" -if you keep doing the same thing, you will get stale

CHAIR YOGA: This simple practice helps you meet & release tension, build strength & mobility with ease & stability, & develop a deeper relationship with how you move, all while working with an integrated connection to breath. We work from a chair as well as standing, & this thoughtful format gives space for adaptation & consideration for each students' limitations & abilities. All levels welcome.

VINYASA YOGA: Invigorating, strengthening, detoxifying! A challenging yet relaxing flow of asanas connecting movement with the breath. You'll find balance, strength and flexibility while learning how to breathe efficiently Each instructor brings a different style to the Vinyasa classes offered.

POWER VINYASA: Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. This type of yoga is taught to heat up the room, with our energies, which makes it a vigorous & revitalizing form of physical fitness.

YIN: Yin Yoga consists of a series of long-held, passive floor poses that mainly work the lower part of the body - hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues and help to release the fascia. The poses are held for up to five minutes, sometimes longer with the aid of props.

HAPPY HOUR YOGA: Flow into the weekend in this fun Friday Vinyasa Yoga class! Enjoy a creative sequence that will leave you feeling ready for whatever you have in store for the weekend

POOL

WATER EXERCISE: Participants will gain muscular strength by using the resistance of the water and improves flexibility with the weight-less movement. Each class is structured to allow individuals to work at their own rate of intensity. You do not have to be a swimmer to participate. Please inform the instructor of pregnancy, back problems, and other medical conditions.

AQUA TABATA: Participants will use shallow & deep water jogging & variation of body positions to create weightless movement with no impact. Interval training in the water. All levels welcomed. All levels welcome