

GROUP EXERCISE

UPDATED 5/24/2022

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|---|--|--|
| MAIN STUDIO | 9:15-10:15A LES MILLS BODYCOMBAT TEAM ★ | 5:30-6:30A LES MILLS BODYPUMP RITA | 9:15-10:00A LES MILLS CORE SHEA | 9:15-10:15A LES MILLS BODYPUMP TEAM | 9:15-10:15A STRONG NATION ALYSON ★ | 7:15-8:15A LES MILLS BODYPUMP BRIAN | 9:00-10:00A ZUMBA fitness JOSEPH ★ |
| | 5:30-6:15P LES MILLS BODYCOMBAT CAMILLE ★ | 9:15-10:15A LES MILLS BODYPUMP ALYSON | 5:30-6:00P LES MILLS CORE ALYSON | 5:30-6:30P LES MILLS BODYPUMP SHANNA | 5:30-6:30P LES MILLS BODYPUMP SHANNA | <p>**REGISTER FOR ALL CLASSES THRU THE SPX APP/FRONT DESK** CLASSES WITH FEWER THAN 4 PARTICIPANTS WILL BE CANCELED</p> | 10:00-10:30A LES MILLS BODYPUMP CAMILLE |
| 6:15-6:45P LES MILLS CORE CAMILLE | 5:30-6:30P LES MILLS BODYPUMP SHANNA | 6:00-6:30P STRONG 30 ALYSON ★ | 6:30-7:00P LES MILLS GRIT SHANNA | 6:30-7:00P LES MILLS GRIT SHANNA | 6:30-7:30P BOOTCAMP SHANNA | | 6:30-7:00P LES MILLS GRIT SHANNA |
| SPIN STUDIO | 5:00-6:00P SPINNING MIKE | 9:15-10:15A SPINNING LISA | | 9:15-10:15A SPINNING LISA | 9:15-10:15A SPINNING LISA | 5:30-6:30A SPINNING JOHN | 7:15-8:15A SPINNING JOHN |
| | | | | | 5:30-6:30A SPINNING JOHN | 8:30-9:15A Weekend Ride MICHELE | |

CHECK OUT OUR NEW CLASSES: MINDFUL FLOW & VINYASA (TUESDAY AM)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---|--|--|--|--|--|--|
| CABANA | WE ARE ADDING OUTDOOR CLASSES AT THE REGULARLY SCHEDULED CLASS TIME, WEATHER PERMITTING | | | | | | |
| WELLNESS STUDIO | 5:30-6:30A Vinyasa CINDY ★ | 8:00-9:00A Vinyasa KELLY ★ <small>*POOLSIDE WEATHER PERMITTING</small> | 9:15-10:15A PowerPlay Vinyasa LISA ★ | 10:00-10:30A Stretch & Flex ★ | 10:00-10:30A Stretch & Flex ★ | 8:15-9:15A Vinyasa CRISTINA ★ | 9:00-10:00A Align & Flow CRISTINA ★ |
| | 9:15-10:15A Cardio Sculpt KRISTEN | 10:30-11:30A Gentle Yoga GINA ★ | 10:30-11:30A Therapeutic Yoga NANCY ★ | 10:30-11:30A Therapeutic Yoga NANCY ★ | 10:30-11:30A Chair Yoga NANCY ★ | 10:00-10:45A KIDS 8-12 POUND SHEA | |
| | 5:00-5:45P KIDS 5-8 POUND SHEA | 5:00-6:00P Vinyasa CINDY ★ | 5:30-6:30P Mindful Flow CRISTINA ★ | 6:00-7:00P Vinyasa GINA ★ | | <p>**Please bring your own mat for class.**</p> | |
| POOL | 8:35-9:30A Water Exercise DIANA | | 8:35-9:30A Water Exercise MARY | | 8:35-9:30A Water Exercise DIANA | | |

★ =12/13 ALLOWED W/PARENT

CLASS DESCRIPTIONS

ALIGN & FLOW YOGA: IN THIS BALANCED PRACTICE, POSES WILL BE HELD A BIT LONGER TO EMPHASIZE STRENGTH, STABILITY & OPTIMAL ALIGNMENT. WE WILL MOVE THROUGH HEAT-BUILDING SEQUENCES DESIGNED TO FIRE UP THE CORE. TAKING OUR TIME TO REFINE THE POSES & SLOW DOWN THE BREATH. THIS CLASS IS SUITABLE FOR ALL LEVELS.

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.

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!

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.

CORE: IN THIS 30 OR 45 MINUTE CLASS IT'S ALL ABOUT BUILDING CORE STRENGTH, IMPROVING FUNCTIONAL FITNESS OF THE ABDOMINALS, MID-SECTION, AND GLUTES, AS WELL AS WORKING THE CROSS-SLINGS, WHICH RUN FROM THE UPPER TO LOWER BODY. BASICALLY, CORE TARGETS EVERYTHING FROM THE MID-THIGH UP TO THE SHOULDERS.

GENERATION POUND® FITNESS FOR YOUTH THAT WANT TO MOVE, HAVE FUN AND MAKE NOISE! ROCKSTARS IN TRAINING, IN 2 GROUPS: AGES 5-8 & 8-12 YEARS. IT IS A YOUTH-ORIENTED PROGRAM THAT FUSES MOVEMENT AND MUSIC TO IMPROVE PHYSICAL FITNESS, FOCUS, COMMUNICATION, TEAMWORK COORDINATION, ATHLETIC SKILLS AND MORE!

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.

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.

MINDFUL FLOW: RESEARCH SUGGESTS THERE ARE MANY BENEFITS TO PRACTICING BOTH MINDFULNESS AND YOGA. THIS FLOWING CLASS INCORPORATES BOTH PRACTICES TO SUPPORT YOU IN CULTIVATING MIND-BODY AWARENESS AND SELF-COMPASSION. MINDFUL FLOW INVOLVES INNER AND OUT WORK THAT CAN CREATE THE CHANGE YOU ARE SEEKING!

POWER PLAY VINYASA: YOGIS OF ALL EXPERIENCE LEVELS ARE WELCOME! EXPERIENCE A STRONG CORE AND ALIGNMENT FOCUSED YOGA PRACTICE WITH PLENTY OF TIME TO EXPLORE THE PRACTICE AND GROW YOUR OWN. OPTIONS TO LEVEL UP OR DOWN WILL BE PROVIDED THROUGHOUT THE CLASS. (LEVEL 1 & 2)

SPINNING®: THE SPINNING® PROGRAM IS AN INDIVIDUALLY PACED, NON-COMPETITIVE, GROUP TRAINING PROGRAM DESIGNED FOR ALL AGES AND FITNESS LEVELS. EACH BIKE IS EQUIPPED WITH AN ADJUSTABLE RESISTANCE KNOB, WHICH ALLOWS EACH STUDENT TO SELECT HIS/HER OWN LEVEL OF INTENSITY. CLASSES ARE HELD INDOORS AND OUTDOORS (SEASONALLY).

STRETCH & FLEX VERY GENTLE YOGA ON THE MAT TO INCREASE YOUR FLEXIBILITY AND MUSCLE MASS. HELP FOR OSTEOPOROSIS, ARTHRITIS, AND OVER ALL HEALTH AND WELL-BEING. THE CLASS IS DONE STRICTLY ON THE MAT, NO STANDING POSTURES.

STRONG NATION/STRONG 30: 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. 30, 45 AND 60 MINUTE CLASSES AVAILABLE.

THERAPEUTIC YOGA: YOGA THERAPY IS A PROCESS OF EMPOWERING STUDENTS TO PROGRESS TOWARDS IMPROVING THEIR HEALTH AND WELL-BEING THROUGH SPECIFIC YOGA POSTURES, VINYASA'S, AND MEDITATIVE AWARENESS THROUGH BREATH WORK AND MEDITATION.

VINYASA YOGA: 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.

WATER EXERCISE: PARTICIPANTS WILL GAIN MUSCULAR STRENGTH BY USING THE RESISTANCE OF THE WATER & IMPROVE FLEXIBILITY WITH THE WEIGHT-LESS MOVEMENT. YOU DO NOT HAVE TO BE A SWIMMER TO PARTICIPATE. PLEASE INFORM THE INSTRUCTOR OF PREGNANCY, BACK PROBLEMS, AND OTHER MEDICAL CONDITIONS.

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!

ZUMBA: ZUMBA COMBINES LATIN AND INTERNATIONAL MUSIC WITH A FUN AND EFFECTIVE WORKOUT SYSTEM. WITH CLASSES AND INSTRUCTORS WORLDWIDE, ANYONE CAN JOIN THE PARTY!