

# STUDIO CLASSES

## Monday

- 5:30 am GRIT Series Studio #1
- 8:30 am GRIT Strength Studio #1
- 9:00 am Body Combat Studio #1
- 9:00 am Vinyasa Yoga Studio #2
- 9:00 am Total BARRE Studio #3
- 9:10 am UltraSpin Cycle Studio
- 10:00 am BodyVive Studio #1
- 10:00 am BodyFlow Studio #2
- 12:00 pm BodyPump Studio #1
- 4:30 pm BodyPump Studio #1
- 5:00 pm Pilates Studio #2
- 5:30 pm BodyStep Studio #1
- 6:00 pm Vinyasa Yoga 70 min Studio #2
- 6:00 pm RPM Cycle Studio
- 6:30 pm BodyAttack Studio #1

## Tuesday

- 5:30 am UltraSpin Cycle Studio
- 8:30 am CXWorx Studio #1
- 9:00 am Body Pump Studio #1
- 9:00 am Vinyasa Yoga Studio #2
- 9:10 am SPRINT Cycle Studio
- 10:00 am BodyStep Studio #1
- 10:00 am Pilates Studio #2
- 11:00 am FF Strength & Balance Studio #2
- 12:00 pm Fitness Stretch Studio #2
- 12:00 pm UltraSpin Cycle Studio
- 4:30 pm BodyVive Studio #1
- 5:30 pm Gentle Yoga 70 min Studio #2
- 5:30 pm BodyCombat Studio #1
- 6:00 pm UltraSpin Cycle Studio
- 6:30 pm GRIT Strength Studio #1

## Wednesday

- 5:30 am BodyPump Studio #1
- 8:30 am GRIT Strength Studio #1
- 8:30 am Total BARRE Studio #3
- 9:00 am Just Dance Studio #1
- 9:00 am Vinyasa Yoga Studio #2
- 9:10 am UltraSpin Cycle Studio
- 9:30 am Total BARRE Studio #3
- 10:00 am BodyVive Studio #1
- 12:00 pm Yoga LBF Studio #2
- 4:30 pm GRIT Series Studio #1
- 5:30 pm Kripalu Yoga 70 min Studio #2
- 5:30 pm BodyPump Studio #1
- 6:00 pm SPRINT Cycle Studio
- 6:30 pm BODYSTEP 45 min Studio #1

## Thursday

- 5:30 am RPM Cycle Studio
- 8:30 am CXWorx Studio #1
- 9:00 am Body Step Studio #1
- 9:00 am Vinyasa Yoga Studio #2
- 10:00 am BodyPump Studio #1
- 10:00 am Pilates Studio #2
- 11:00 am FF Strength & Balance Studio #2
- 12:00 pm FF Gentle Yoga Studio #2
- 12:00 pm UltraSpin Cycle Studio
- 5:30 pm Vinyasa Yoga 70 min Studio #2
- 5:30 pm Total Barre Studio #3
- 5:30 pm Body Pump Studio #1
- 6:00 pm UltraSpin Cycle Studio
- 6:30 pm GRIT Strength Studio #1

## Friday

- 5:30 am GRIT Series Studio #1
- 8:30 am GRIT Strength Studio #1
- 8:30 am BARRE Studio #3
- 9:00 am Body Vive Studio #1
- 9:00 am Body Flow Studio #2
- 9:10 am RPM Cycle Studio
- 10:00 am Just Dance Studio #1
- 10:00 am Vinyasa Yoga Studio #2
- 12:00 pm BodyPump Studio #1
- 5:00 pm Gentle Yoga Studio #2
- 5:30 pm BodyCombat Studio #1
- 6:00 pm Yoga LBSF 70 min Studio #2

# AQUATIC CLASSES

Arthritis Aquatics is open to nonmembers. Ask about pricing.

## Monday

- 8:00 am Arthritis Aquatics
- 9:00 am Strength & Tone
- 9:00 am CST
- 12:00 pm Strength & Tone
- 6:00 pm Water In Motion
- 7:00 pm Strength & Tone

## Tuesday

- 7:45 am Ai Chi
- 9:00 am Aqua ACT

## Wednesday

- 8:00 am Arthritis Aquatics
- 9:00 am Strength & Tone
- 12:00 pm Aqua FLEX
- 6:00 pm Strength & Tone

## Thursday

- 7:45 am Ai Chi
- 9:00 am Aqua ACT

## Friday

- 8:00 am Arthritis Aquatics
- 9:00 am Aqua ACT
- 9:00 am CST
- 12:00 pm Strength & Tone

## Saturday

- 8:00 am GRIT Str Studio #1
- 8:00 am UltraSPIN Cycle Studio
- 8:30 am BodyFlow Studio #2
- 8:30 am BodyAttack 45 Studio #1
- 9:15 am BodyStep 45 Studio #1
- 9:30 am Kripalu Yoga 70 min Studio #2
- 10:00 am BodyPump Studio #1

## Sunday

- 8:00 am BodyPump Studio #1
- 8:00 am RPM Cycle Studio
- 9:00 am Vinyasa Yoga 70 min Studio #2
- 9:00 am Body Combat Studio #1

A 45 after class title indicates 45 minute format FF-Forever Fit

BARRE, RPM, SPRINT, ULTRASPIN require a numbered pass for entry. Pick one up at the front desk starting as early as 30 minutes before class.

\*9:00 am classes will take place at the outdoor pool for the summer, weather permitting.

Land and Water Classes open to all members age 12 and above.

All schedules are subject to change. Modified schedules may run on holidays and holiday weekends.

**LES MILLS BODYCOMBAT** (55 min.) A non-contact, martial arts based fitness class, choreographed to the latest music, providing an exhilarating experience and ultra-fast results.

**LES MILLS BODYFLOW** (55 min.) An exercise-to-music yoga, tai chi and pilates workout. You'll feel long, strong, centered and calm.

**LES MILLS BODYPUMP** (55 min.) A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

**LES MILLS BODYSTEP** (55 min.) A step class that is simple, basic yet athletic. Challenging high intensity intervals will shape and tone your lower body.

**LES MILLS BODYVIVE 3.1** (55 min.) Cardio and strength cross training workout mixing lunges, squats, light running and tubing exercises, with great music to leave you feeling satisfied, motivated and energetic. BodyVIVE 3.1 is a 45 minute format of the same great class.

**LES MILLS CXWORX** (30 min.) A core training workout based on cutting edge scientific research. Dynamic training will hone in on your abs, glutes, back and obliques.

**FF GENTLE YOGA** – (60 min.) This yoga class teaches the basics to help you understand the connection and healthy functioning of body and mind. Modifications are given. Chairs used to allow participants to safely explore various yoga postures.

**FF STRENGTH & BALANCE** – (50 min.) Strength and conditioning class using dumbbells, balls, tubing. Chairs used for some exercises. Easy pace.

**FF TRIPLE PLAY** – (50 min.) Low impact cardio strength training, and a long stretch. Perfect for beginners, deconditioned, and seniors.

**FITNESS STRETCH** – (30 min.) Series of relaxing stretches with focus on hips, glutes, hamstrings. Long holds and breath work.

**GENTLE YOGA** – (60 min.) Flow through physical postures and poses designed to purify the body and provide strength. Includes breath work and modifications.

**LES MILLS GRIT SERIES** (30/40 min.)  
**GRIT STRENGTH**-High intensity interval training using barbells, weight plates, and body weight to improve strength and build lean muscle.  
**GRIT CARDIO**-High intensity interval training using body weight exercises to improve cardiovascular fitness, increase speed, maximize calorie burn.  
**GRIT PLYO**-High intensity interval training plyometric workout using the bench for jumping exercises and agility training.

**JUST DANCE** – (55 min.) A fun, social cardio dance class that incorporates Latin dance styles, Hip Hop, Disco, Zumba, BodyJAM, Sh'Bam, and more. Great way to burn calories. All levels.

**KRIPALU YOGA** – (60 min.) Basic to moderate yoga postures with emphasis on alignment and breath work fundamentals.

**PILATES** – (60 min.) Pilates exercises are designed to strengthen the core by developing stability and abdominal control. Develop strength, flexibility, endurance and posture without stressing joints.

**LES MILLS RPM** (50 min.) High intensity interval training cycling class. You'll be lead through hills, flats, mountain peaks and speed work.

**LES MILLS SPRINT** (30/40 min.) High intensity, short duration sprints where you work as hard as possible followed by periods of rest to prepare for the next effort.

**STEADY STATE TRAINING** – (45 min.) A great cardio (step and Kickboxing) followed by Strength components. Goals to Improve aerobic and muscle endurance. Improve body's ability to Burn Fat during exercise.

**TOTAL BARRE** – (55 min.) Barre integrates elements of Pilates, dance, cardio, and strength training with emphasis on correct biomechanics of movement. Suitable for all.

**ULTRASPIN** – (50 min.) An instructor-driven indoor cycling class that gives you an incredible cardio workout.

**VINYASA YOGA** – (60/70 min.) Challenge your body, open your heart and calm your mind in this yoga class that links movement with your breath. All levels.

**YOGA LBFER: Lower Body Flexibility & Relief** – (60 min.) Yoga LBFER uses breath work, long hold, and forward bends to encourage the body's relaxation response. Calming sequences to dissolve anxiety, improve sleep, and activate benefits restorative yoga provides. Relieve tightness, stiffness, and improve range of motion

**YOGA LBSF: Lower Body Strength & Flexibility**– (60 min.) Yoga for active people to help increase range of motion and flexibility in the lower back and legs which can lead to the relief of lower back pain. Improve leg strength and balance.

## AQUA FITNESS

**Ai Chi Breathe & Balance** (50 min) Ai Chi combines deep breathing and controlled movements performed in shoulder deep water. Improve stability, balance, range of motion, and relaxation. Shallow end.

**Aqua-ACT** (50 min)-  
Athletic Conditioning Training: Cardio and strength training as a group and in circuits. Steady endurance work. Equipment used for muscle toning. Shallow and deep end.

**A-HIIT** (45 min) High Intensity Interval Training. Class targets 80% MHR for cardio and muscle conditioning with minimum of impact in an aquatic environment. Shallow end. Option to move into chest deep water for more challenge.

**Aqua Flex** (50 min) A deep water fitness friendly class in a non-competitive environment designed to promote proper joint and muscle group alignment. Class will benefit those who have arthritis, fibromyalgia, back/knee pain or are pregnant. Deep end.

# Group Fitness

## Studio & Aqua



**AUGUST 1 -2017**

Roque, Group Fitness Coordinator

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