



JULY GROUP EXERCISE SCHEDULE

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MONDAY

- 5:15 AM CYCLE (GARY)
- 8:00 AM CLASSIC FITNESS (SUSAN)
- 9:00 AM TABATA (EMILEE)
- 9:00 AM CYCLE (JENNY)
- 4:30 PM SCULPT & SHAPE (ASHLEY)
- 5:30 PM **LES MILLS BODYPUMP** (SHANNON)
- 5:30 PM CYCLE (MICHELLE)

TUESDAY

- 5:15 AM **LES MILLS BODYCOMBAT** (SHANNON)
- 6:15 AM **BALANCE ABOVE** (EMILEE)
- 9:00 AM TOTAL BODY (JULIE)
- 4:30 PM **LES MILLS BODYCOMBAT** (JEN)
- 5:30 PM **BALANCE ABOVE** (ASHLEY)
- 6:40 PM DANCE FITNESS (AMY & PAULA)

WEDNESDAY

- 5:15 AM **LES MILLS BODYPUMP** (ANGIE)
- 5:15 AM CYCLE (ANGELA)
- 6:30 AM RIDE, LIFT, RESTORE (TARA & DANIELLE)
- 8:00 AM CLASSIC FITNESS (SUSAN)
- 9:00 AM TOTAL BODY (ANNA)
- 9:00 AM CYCLE (KEVIN)
- 10:00 AM **BALANCE ABOVE** (EMILEE)
- 4:30 PM PILATES (JENNIFER)
- 5:30 PM **LES MILLS BODYPUMP** (SHANNON)

THURSDAY

- 5:15 AM **LES MILLS BODYCOMBAT** (SHANNON)
- 5:15 AM CYCLE (MICHELLE)
- 6:15 AM H.I.I.T. (EMILEE)
- 9:00 AM TOTAL BODY (JULIE)
- 10:00 AM CHAIR FITNESS (LINDA)
- 4:30 PM **LES MILLS hatha** (JEN)
- 5:30 PM DANCE FITNESS (AMY & PAULA)

FRIDAY

- 5:15 AM **LES MILLS BODYPUMP** (ANGIE)
- 5:15 AM CYCLE (GARY)
- 8:00 AM BEGINNER YOGA (SUSAN)
- 9:00 AM TOTAL BODY (ANNA)
- 9:00 AM CYCLE (TARA)

SATURDAY

- 8:00 AM PILATES (JENNIFER)
- 8:00 AM CYCLE
11TH (GARY), 18TH (ANGIE)
25TH (KEVIN)
- 9:30 AM 11TH **ZUMBA** (MISSIE)
18TH **LES MILLS vinyasa** LAUNCH
25TH **LES MILLS BODYCOMBAT** LAUNCH

Group Exercise Class Descriptions



BARRE ABOVE® – This is a unique class designed to build strength and flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. Think lean toned legs, increased overall core strength and greater stability.

CHAIR FITNESS – For anyone who is just starting out with an exercise class or has limitations, this class combines a variety of exercise movements with support of a chair and adds light hand weights for muscle conditioning.

CLASSIC FITNESS – Music from the 60's, 70's and 80's is used to motivate participants in this rhythmic exercise format. Easy to follow, enjoyable motions and patterns to raise heartrate, break a sweat and bring a smile.

DANCE FITNESS – Exercise that engages the entire body and mind. Learning choreography and keeping your brain active addresses your heart, circulation, balance, muscles and joints. Dancing with us burns a TON of calories, and its FUN! There are a variety of routines encompassing many genres of music. Dance Fitness accompanies both beginners and experts. Come try it out!

FOUNDATIONAL MOVEMENTS – Feel better, move better, and build strength where it matters most. This 6-week program focuses on core stability, posture, and proper form to help reduce aches and pains, prevent injury, and improve mobility. By the end, you'll move more efficiently with better control, confidence, and power in every workout and everyday life. Level 2 to follow. Register in advance at the front desk. Limited class size.

GROUP CYCLE – A low impact group exercise class performed on stationary bikes. During the class, the instructor simulates hills, sprints, and races. You will be kept motivated by the instructor, the people around you and the great music.

H.I.I.T. (High Intensity Interval Training) Using high intensity timed intervals, this workout allows for maximum cardio gain without loss of muscle mass. This full body 45 min. workout is suitable for all fitness levels.

LES MILLS BODYCOMBAT® – A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

LES MILLS BODYPUMP® – This results-driven barbell class by Les Mills provides a workout that will strengthen all your major muscle groups by using the best weight-room exercises in a group setting. Be prepared for squats, presses, lifts and curls like you've never seen them before! Smart Start – Les Mills has conducted in-depth research into beginners' adherence to exercise, and knows that the key to great results is starting slowly. This means giving new people the option to leave after the first 20 minutes.

LES MILLS YOGA ® – Versatile multi format series for designed for all fitness levels.

HATHA – Focuses on precision, alignment, strength, and stability to build a solid foundational practice.

VINYASA – An athletic, breath-led dynamic flow set to an upbeat playlist that builds functional strength without equipment.

PILATES – This workout focuses on your body's core. Focuses on breathing, body control, flowing movements, stretching and precision. A strong core is beneficial to your back and better posture.

RIDE, LIFT, RESTORE – A total-body workout designed to build endurance, strength, and mobility in one efficient session.

Start with energizing cycling, move into functional strength training, and finish with guided stretching/Yoga poses to help you recover, prevent injury, and feel your best.

SCULPT & SHAPE – Blend of Pilates, Barre, and Yoga that uses low impact, high intensity movements to build and sculpt muscles. With the use of weights and resistance bands, you move at your own pace to build strength and better alignment for your body.

TABATA – This class utilizes extreme intervals to get you into great shape. Aerobic capacity, endurance, strength and whole body toning are just a few of the benefits of this exciting and challenging class.

TOTAL BODY – Improve overall fitness by combining resistance training exercises organized in challenging sets with cardio mixed in. This full-body workout is multi-level with modifications shown using a variety of resistance equipment. Train strength, endurance, cardio and flexibility.