

April 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS BODYPUMP 5:15-6:15AM Anne	LES MILLS BODYFLOW 5:15-6:15AM Kay	LES MILLS BODYPUMP 5:15-6:15AM Kasey	LES MILLS BODYATTACK 5:15-6:10AM Gretchen	LES MILLS BODYPUMP EXPRESS 5:10-5:55AM Gretchen	
				LES MILLS CXWORX 6:00-6:30AM Jen	
LES MILLS BODYFLOW 8:00-9:00AM Kay		LES MILLS BODYFLOW 8:00-9:00AM Kay		LES MILLS tone 8:00-8:45AM Mindy	LES MILLS BODYATTACK 8:05-9:05AM Robyn
LES MILLS tone 9:00-9:45AM Robyn	LES MILLS CXWORX 9:00-9:30AM Robyn, Aimee	LES MILLS tone 9:00-9:45AM Robyn	LES MILLS CXWORX 9:00-9:30AM Robyn	YOGA 9:00-10:00AM Chani	LES MILLS BODYPUMP 9:15-10:15AM Anne
	LES MILLS BODYCOMBAT 9:40-10:40AM Leisel		LES MILLS BODYATTACK 9:40-10:40AM Robyn		
LES MILLS BODYPUMP 10:00-10:55AM Cherri		LES MILLS BODYPUMP 10:00-10:55AM Cherri		LES MILLS BODYPUMP 10:10-11:10AM Meggie	LES MILLS BODYFLOW 10:20-11:20AM Instructor Varies
	LES MILLS BODYFLOW 10:45-11:45AM Jen		LES MILLS BODYFLOW 10:45-11:45AM Jen		
YOGA 12:00-1:00PM Julie		YOGA 12:00-1:00PM Julie	LES MILLS BODYPUMP EXPRESS 12:05-12:50PM Amanda		
LES MILLS BODYATTACK 4:30-5:25PM Caitlin		LES MILLS BODYCOMBAT 4:30-5:30PM Katie			
LES MILLS tone 5:30-6:25PM Kristen	LES MILLS BODYPUMP 5:30-6:25PM Kris	 ZUMBA 5:30-6:30PM Amy	LES MILLS BODYPUMP 5:30-6:25PM Kellee		
 ZUMBA 6:30-7:30PM Gina	YOGA Meditation/Flow 6:30-7:30PM Elizabeth	YOGA Meditation/Flow 6:30-7:30PM Elizabeth			

LES MILLS
BODYATTACK BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS
BODYCOMBAT BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS
BODYFLOW BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

LES MILLS
BODYPUMP BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS
CXWORX CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

YOGA Hatha Yoga Flow focuses on mobility rather than flexibility. While flexibility is a matter of distance, mobility is a matter of neurological control and strength. This practice creates a distinct awareness of the core, while balancing the hemispheres of the body and the mind through the practice of traditional Yoga asana (postures).

LES MILLS
tone Les Mills Tone will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

 **ZUMBA** A dance based class that combines Latin Flavor and International Zest!

YOGA Meditation-Flow Yoga is a unique fusion of mindful movement expressed through simple yoga poses blended with intermittent periods of stillness in the form of guided mindfulness meditation. This special blend offers a way to strengthen and tone the body while also training the mind to find focus and create clarity. The experience improves overall balance in the body and mind and always ends with a 10 minute full body guided relaxation known as yoga nidra. This evening class is a perfect way to transition from work to home and move from day into night.