



Group Fitness Studio

April 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 9:15–10:15AM Brenda		 9:15–10:15AM Brenda		 9:15–10:15AM Brenda	LES MILLS BODYPUMP 9:15–10:10AM Shaunna
			LES MILLS BODYPUMP 9:30–10:25AM Araceli		
					 10:30–11:30AM Brenda
LES MILLS BODYPUMP 12:00–1:00PM Kris, Araceli					
	LES MILLS BODYFLOW 4:15–5:15PM Angela		LES MILLS BODYFLOW 4:15–5:15PM Angela		
LES MILLS BODYPUMP 5:30–6:25PM Kelsey		LES MILLS BODYPUMP 5:30–6:25PM Gina	LES MILLS BODYSTEP CLASSIC 5:30–6:30PM Angela		

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 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 BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

JAZZERCISE

Jazzercise - Combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn! Class is a Fee based program, please contact the front desk for information on how to participate!

LES MILLS CXWORX

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



Group Fitness Studio

Winter 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LES MILLS RPM 5:10–5:55AM Carrie		LES MILLS RPM 5:10–5:55AM Shannon		
					LES MILLS RPM 8:15–9:00AM Janelle, Jeff
LES MILLS RPM 5:00–5:45PM Janelle	LES MILLS sprint 5:30–6:00PM Ashley	LES MILLS RPM 5:00–5:45PM Jeff			



RPM™ - RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



SPRINT - LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.