



## SUMMER 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LES MILLS BODYPUMP</b> 5:15-6:15AM Anne	<b>LES MILLS BODYFLOW</b> 5:15-6:15AM Kay	<b>LES MILLS BODYPUMP</b> 5:15-6:15AM Kasey	<b>LES MILLS BODYATTACK</b> 5:15-6:10AM Gretchen	<b>LES MILLS BODYPUMP EXPRESS</b> 5:10-5:55AM Gretchen	
				<b>LES MILLS CXWORX</b> 6:00-6:30AM Jen	
<b>LES MILLS BODYFLOW</b> 8:00-9:00AM Kay		<b>LES MILLS BODYFLOW</b> 8:00-9:00AM Kay		<b>LES MILLS tone</b> 8:00-8:45AM Mindy	<b>LES MILLS BODYATTACK</b> 8:05-9:05AM Gretchen
<b>LES MILLS tone</b> 9:00-9:45AM Robyn	<b>LES MILLS CXWORX</b> 9:00-9:30AM Aimee	<b>LES MILLS tone</b> 9:00-9:45AM Robyn	<b>LES MILLS CXWORX</b> 9:00-9:30AM Robyn	<b>LES MILLS YOGA</b> 9:00-10:00AM Chani	<b>LES MILLS BODYPUMP</b> 9:15-10:15AM Anne
	<b>LES MILLS BODYCOMBAT</b> 9:40-10:40AM Leisel		<b>LES MILLS BODYATTACK</b> 9:40-10:40AM Robyn		
<b>LES MILLS BODYPUMP</b> 10:00-10:55AM Cherri		<b>LES MILLS BODYPUMP</b> 10:00-10:55AM Cherri		<b>LES MILLS BODYPUMP</b> 10:10-11:10AM Shaunna	<b>LES MILLS BODYFLOW</b> 10:20-11:20AM Instructor Varies
	<b>LES MILLS BODYFLOW</b> 10:45-11:45AM Jen		<b>LES MILLS BODYFLOW</b> 10:45-11:45AM Jen		
<b>LES MILLS BODYATTACK</b> 4:30-5:25PM Robyn		<b>LES MILLS BODYCOMBAT</b> 4:30-5:30PM Katie			
<b>LES MILLS tone</b> 5:30-6:25PM Kristen	<b>LES MILLS BODYPUMP</b> 5:30-6:30PM Kris	 <b>ZUMBA</b> 5:30-6:30PM Amy	<b>LES MILLS BODYPUMP</b> 5:30-6:30PM Kellee		
 <b>ZUMBA</b> 6:30-7:30PM Gina					

**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!