

# Group Fitness Studio

2021—Schedule begins February 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>LES MILLS BODYPUMP</b>  5:15 am Kasey				
	<b>LES MILLS BODYFLOW</b>  4:15 PM Angela		<b>LES MILLS BODYFLOW</b>  4:15 PM Angela		
<b>LES MILLS BODYPUMP</b>  5:30 PM Gina	<b>LES MILLS BODYSTEP</b>  5:30 PM Angela/Marissa	<b>LES MILLS BODYPUMP</b>  5:30 PM Gina	<b>LES MILLS BODYSTEP</b>  5:30 PM Angela		

**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**  
**BODYSTEP**

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**  
**RPM**

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