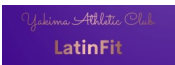





# Group Fitness Studio

ReStart 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>LES MILLS BODYPUMP</b> 5:15 AM Kasey	<b>LES MILLS GRIT</b> 5:15 AM Gretchen	<b>LES MILLS BODYPUMP EXPRESS</b> 5:15 AM Gretchen	
					<b>LES MILLS BODYATTACK</b> 8:15 Gretchen
<b>LES MILLS BODYPUMP</b> 9:00 AM Cherri	<b>LES MILLS BODYCOMBAT</b> 9:00 AM Leisel/Katie	<b>LES MILLS BODYPUMP</b> 9:00 AM Cherri	<b>LES MILLS BODYSTEP</b> 9:00 AM Amy M		<b>LES MILLS BODYPUMP</b> 9:30AM Instructor varies
	<b>LES MILLS BODYFLOW</b> 10:30 AM Jen		<b>LES MILLS BODYFLOW</b> 10:30 AM Jen		<b>LES MILLS BODYFLOW</b> 10:45 AM Instructor varies
 <b>LatinFit</b> 5:30 PM Amy K	<b>LES MILLS tone</b> 5:30 PM STARTS 2/16 Mindy	 <b>LatinFit</b> 5:30 PM Amy K	<b>LES MILLS BODYPUMP</b> 5:30 PM Kellee		

**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 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 chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

**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!