





Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LES MILLS GRIT 5:15-5:45 AM Gretchen	LES MILLS BODYPUMP 5:15-6:15AM Kasey	LES MILLS GRIT 5:15-5:45 AM Gretchen	LES MILLS BODYATTACK 5:15-6:00 AM Gretchen	
LES MILLS BODYPUMP 9:00-9:45AM Cherri	LES MILLS BODYCOMBAT 9:00-10:00AM Leisel/Katie	LES MILLS BODYPUMP 9:00-9:45AM Grace			LES MILLS BODYPUMP 9:15-10:15AM
	LES MILLS BODYFLOW 10:30-11:30 AM PROJECTOR		LES MILLS tone 10:30-11:30 AM Kristen		
LES MILLS BODYFLOW 4:15-5:15 PM Jennylyn	 LES MILLS BODYSTEP 4:15-5:15 PM Marissa	LES MILLS BODYFLOW 4:15-5:15 PM Aimee	 LES MILLS BODYSTEP 4:15-5:15 PM Angela		
 ZUMBA 5:30-6:30 PM Amy	LES MILLS BODYPUMP 5:30-6:30 PM Kellee	 ZUMBA 5:30-6:30 PM Amy	LES MILLS BODYPUMP 5:30-6:30 PM Angela		

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!

 **LES MILLS**
BODYSTEP Les Mills Body Step is high-energy cardio and strength based workout. Uses step bench and cardio intervals to burn maximum calories and build strength with every step.

LES MILLS
GRIT Les Mills Grit is a 30-minute high intensity interval training. With multiple cardio peaks, this class will give you results fast