

Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GRIT	BODYPUMP 5:15-6:15AM	GRIT	LESMILLS BODYATTACK 5:15-6:00 AM	
	5:15-5:45 AM Gretchen	Kasey	5:15-5:45 AM Gretchen	Gretchen	
BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP			BODYPUMP
9:00–9:45AM Cherri	9:00–10:00AM Leisel/Katie	9:00-9:45AM Grace			9:15-10:15AM
	LesMILLS BODYFLOW		tone		
	10:30-11:30 AM PROJECTOR		10:30-11:30 AM Kristen		
LesMILLS BODYFLOW	BODYSTEP	LesMills RODYFI OW	LESMILLS BODYSTEP		
4:15-5:15 PM Jennylyn	4:15-5:15 PM Marissa	4:15-5:15 PM Aimee	4:15-5:15 PM Angela		
3 ZVMBA	Lesmills BODYPUMP	3 ZVMBA	Lesmills BODYPUMP		
5:30-6:30 PM Amy	5:30-6:30 PM Kellee	5:30-6:30 PM Amy	5:30–6:30 PM Angela		

BODYATTACK BODYATTACKTM 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.

LesMills **BODYCOMBAT**

BODYCOMBATTM is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LesMills BODYFLOW

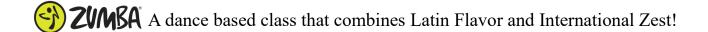
BODYFLOW® is a yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life, leaving you feeling calm and centered.

LesMills

BODYPUMP BODYPUMPTM is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMPTM gives you a total body workout that burns calories, strengthens and tones.

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

tone Les Mills Tone will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.





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 is a 30-minute high intensity interval training. With multiple cardio peaks, this class will give you results fast