







Group Fitness Studio

SUMMER 2022 STARTING MAY 29th

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 tone 9:00-10:00AM Kristen		LES MILLS BODYPUMP 9:15-10:15AM
LES MILLS BODYFLOW 4:15-5:15 PM Jennylyn	 4:15-5:15 PM Marissa		 4:15-5:15 PM Angela		
 5:30-6:30PM Kerri	LES MILLS BODYPUMP 5:30-6:30 PM Kellee	 5:30-6:30PM Kerri	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.

jazzercise

Dance your blues away, gain strength, condition and tone and have fun!

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