



# GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>LES MILLS GRIT</b> 5:15 - 5:45 AM Gretchen	<b>LES MILLS RPM</b> 5:15 - 6:00 AM John	<b>LES MILLS GRIT</b> 5:15 - 5:45 AM Gretchen	<b>LES MILLS RPM</b> 5:15 - 6:00 AM John	
	<b>LES MILLS RPM</b> 8:15 - 9:00 AM Carrie		<b>LES MILLS RPM</b> 8:15 - 9:00 AM Carrie		<b>LES MILLS RPM</b> 8:15 - 9:00 AM
<b>LES MILLS BODYPUMP</b> 9:00 - 9:45 AM Cherri	<b>LES MILLS BODYCOMBAT</b> 9:00 - 10:00 AM Leisel/Katie	<b>LES MILLS BODYPUMP</b> 9:00 - 9:45 AM Kris	<b>LES MILLS tone</b> 9:00-10:00 AM Kristen		<b>LES MILLS BODYPUMP</b> 9:15 - 10:15 AM
	<b>LES MILLS RPM</b> 12:15 - 1:00 PM Ashley		<b>LES MILLS RPM</b> 12:15 - 1:00 PM Ashley		
<b>LES MILLS BODYBALANCE</b> 4:15 - 5:15 PM Jennylyn	<b>LES MILLS BODYSTEP</b> 4:15 - 5:15 PM Marissa	<b>LES MILLS BODYBALANCE</b> 4:15 - 5:15 PM Aimee	<b>LES MILLS BODYSTEP</b> 4:15 - 5:15 PM Angela		
<b>LES MILLS RPM</b> 5:30 - 6:15 PM Jeff	<b>LES MILLS BODYPUMP</b> 5:30 - 6:30 PM Kellee	<b>LES MILLS RPM</b> 5:30 - 6:15 PM Jeff	<b>LES MILLS BODYPUMP</b> 5:30 - 6:30 PM Angela		
			<b>Mindfulness Meditation</b> 6:35 PM		

The group fitness studio is available for personal use or group rental. For space rental for your group or team contact  
kendyl@yakimaathletic.com

**STARTS NOVEMBER 7th, 2022**

## **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** **BODYBALANCE**

BODYBALANCE™ is a new generation yoga workout that will improve your mind, your body and your life. Set to the perfect soundtrack, you can expect to bend and stretch through a series of simple yoga moves, with elements of Tai Chi and Pilates. Whether you are experienced with yoga, just starting out, or looking for something to complement your other workouts, it will leave you feeling rejuvenated, calm, centered and focused.

## **LES MILLS** **BODYPUMP**

BODYPUMP™ is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and help you get fit - fast! You'll work all your major muscles as you increase aerobic fitness and build strength. The encouragement, motivation, and great music you get in a BODYPUMP class will leave you feeling energized, confident and powerful, while getting you fitter, faster.

## **LES MILLS** **tone**

LES MILLS TONE™ is a complete workout in one session. It's the ultimate foundational class designed using functional movements and cutting-edge training styles. Improve your flexibility, agility and balance through strength, cardio and core to leave you feeling like you've taken your fitness to a whole new level.

## **LES MILLS** **RPM**

LES MILLS RPM™ is a cardio peak cycle workout using a simulated journey of hill climbs, sprints and flat riding to improve aerobic fitness levels and muscle endurance. You ride with the pack to find your rhythm in the music and hit an amazing endorphin high. You control your own resistance levels and speed to build your fitness level over time.

## **LES MILLS** **BODYSTEP**

LES MILLS BODYSTEP™ is an exhilarating, and fun full-body step workout that will leave you feeling strong, agile and inspired. Using a combination of bodyweight, functional bench and optional weight-plate exercises, you'll challenge your muscles, develop coordination and improve your cardio fitness. The height-adjustable steps and options coached by your instructor make this workout perfect for all fitness levels, and the uplifting music will inspire you to push your personal limits.

## **LES MILLS** **GRIT**

LES MILLS GRIT is the next generation of High-Intensity Interval Training (HIIT). Combining hard-hitting soundtracks and the latest scientifically-tested moves that will push your body and mind to their absolute limits. Develop anaerobic stamina, increase cardiovascular fitness and build strength. GRIT Strength uses barbells, plates, and bodyweight exercises to make you strong and unbelievably fit.