





# 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> 8:15 - 9:00 AM Carrie		<b>Functional Stretching - 8:00am</b> <b>July 6th-27th</b> 8:00 am Kristen		
<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 Hattie	<b>LES MILLS tone</b> 9:00-10:00 AM Kristen	<b>LES MILLS BODYPUMP</b> 9:00 - 9:45 AM Hattie	<b>LES MILLS BODYPUMP</b> 9:15 - 10:15 AM
	<b>LES MILLS BODYBALANCE</b> 10:15 - 10:45 AM Angela		<b>LES MILLS RPM</b> 12:15 - 1:00 PM Ashley	<b>LES MILLS GRIT</b> 10:15 - 10:45 AM Caitlin	
<b>LES MILLS BODYBALANCE</b> 4:15 - 5:15 PM Jennylyn	<b>LES MILLS CORE</b> 4:30 - 5:00 PM Kasey June 20th - Aug. 22nd	<b>LES MILLS BODYBALANCE</b> 4:15 - 5:15 PM Aimee /Jen			
<b>LES MILLS RPM</b> 5:30 - 6:15 PM - Jeff  5:30 - 6:30 PM Lauren	<b>LES MILLS BODYPUMP</b> 5:30 - 6:30 PM Kellee	<b>LES MILLS RPM</b> 5:30 - 6:15 PM - Jeff  5:30 - 6:30 PM Lauren	<b>LES MILLS BODYPUMP</b> 5:30 - 6:30 PM Angela		

All of the above classes are free with your regular membership at the Yakima Athletic Club!

**Summer Schedule 2023 - effective 6/5/2023**  
**Last Zumba class 6/21/2023**

## **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** **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.

## **ZUMBA®**

Zumba classes combine latin and international music and dance to create a dynamic and FUN calorie-burning form of workout for people of all fitness levels and age groups.

## **LES MILLS** **CORE**

LES MILLS CORE is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

The Virtual Studio is open for reservation to take any Les Mills Classes.  
Contact the Welcome Desk to reserve your time up to 24 hours ahead!