




# GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>LES MILLS RPM</b> 5:15 - 6:00 AM John	<b>LES MILLS BODYPUMP</b> 5:15 - 6:00 AM Natalie/Kasey	<b>LES MILLS GRIT</b> 5:15 - 5:45 AM Gretchen		
			Mobility and Foam Roll 8:00 - 8:50 AM Kristen		<b>LES MILLS RPM</b> 8:15 - 9:00 AM Rotating Instructor
<b>LES MILLS BODYPUMP</b> 9:00 - 9:45 AM Grace	<b>LES MILLS BODYCOMBAT</b> 9:00 - 10:00 AM Leisel/Katie		<b>LES MILLS tone</b> 9:00 - 9:45am Hattie	<b>LES MILLS BODYPUMP</b> 9:00 - 9:45 AM Hattie	<b>LES MILLS BODYPUMP</b> 9:15 - 10:00 AM Rotating Instructor
	<b>LES MILLS BODYBALANCE</b> 10:15 - 11:15 AM Angela <b>LES MILLS RPM</b> 12:15 - 1:00 PM Ashley		<b>LES MILLS RPM</b> 12:15 - 1:00 PM Carrie	<b>LES MILLS CORE</b> 9:50 - 10:20 AM Hattie	
<b>LES MILLS BODYBALANCE</b> 4:15 - 5:15 PM Jennylyn	<b>LES MILLS CORE</b> 4:45 - 5:15 PM	<b>LES MILLS BODYBALANCE</b> 4:15 - 5:15 PM Jen		<b>LES MILLS sprint</b> 5:00 - 5:30 PM Ashley	
<b>LES MILLS RPM</b> 5:30 - 6:15 PM - Jeff  5:30 - 6:15 PM - Annie	<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		

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

**Fall Schedule 2024**

## **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** **sprint**

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an Indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

## **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.

## **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.

## **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.

## **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.