




# GROUP FITNESS CLASS SCHEDULE

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

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

**SPRING Schedule 2025**

## **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.

## **LES MILLS PILATES**

LES MILLS PILATES is A 45-minute mind-body workout designed to improve strength, mobility, and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

## **LES MILLS FUNCTIONAL STRENGTH**

LES MILLS Functional strength is a strength training program that incorporates a unique approach to full-body workouts, focusing on building power and athleticism through a mix of compound movements and explosive, functional exercises. It is designed to improve coordination, stability, and strength symmetry.



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.