



GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS BODYPUMP 5:15- 6:00 AM Natalie	LES MILLS RPM 5:15 - 6:00 AM John	LES MILLS BODYBALANCE 5:15 - 6:00 AM Aimee	LES MILLS GRIT 5:15 - 5:45 AM Gretchen	LES MILLS sprint 5:15 - 5:45 AM Amanda LES MILLS yoga 5:45 - 6:15 AM Amanda	
		LES MILLS Shapes 8:00 – 8:45 AM San	LES MILLS PILATES 8:00 – 8:40 AM Kristen		
LES MILLS BODYPUMP 9:00 - 9:45 AM Angela LES MILLS BODYPUMP HEAVY Every 3rd Monday	LES MILLS BODYCOMBAT 9:00 - 10:00 AM Leisel/Katie	LES MILLS FUNCTIONAL STRENGTH 9:00 – 9:45 AM San	Mobility and Foam Roll 9:00 - 9:50 AM Kristen	LES MILLS BODYPUMP 9:00 - 9:45 AM Hattie LES MILLS BODYPUMP HEAVY Every 1st Friday	Rotating Class See YAC+ App for Schedule 9:15 - 10:00 AM
	LES MILLS BODYBALANCE 10:15 - 11:15 AM Angela				
LES MILLS BODYBALANCE 4:15 - 5:15 PM Jennylyn		LES MILLS BODYBALANCE 4:15 - 5:15 PM Jen	LES MILLS yoga YIN 4:45 – 5:30pm Erika		
LES MILLS RPM 5:30 - 6:15 PM - Jeff	LES MILLS BODYPUMP 5:30 - 6:30 PM Kellee	LES MILLS RPM 5:30 - 6:15 PM - Marc			
 5:30 - 6:15 PM -Annie	LES MILLS sprint 6:00 -6:30 PM Amanda				

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

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 Shapes

This is the workout you never knew you needed. An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

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.

LES MILLS BODYPUMP HEAVY

Body Pump Heavy is a 55-minute barbell-based class focusing on building maximum strength and lean muscle through slower, controlled tempos rather than high-repetition endurance. It uses heavy weights, long recovery periods, and 2-3 sets of 8 reps, combining traditional, technique-focused lifting with motivating music.

LES MILLS yoga

HATHA

LES MILLS yoga

YIN

Les Mills Hatha is a 45-minute class, focusing on foundational strength, stability, and precise alignment. It features slower-paced, controlled movements designed to build muscle, improve posture, and enhance mobility. This class is accessible to all levels, helping participants feel centered, strong, and deeply recovered.

Les Mills Yoga Yin is a 45-minute, low-impact, restorative session designed to slow you down, release tension, and calm the nervous system. This class focuses on deep stretching, using long-held floor-based poses to improve flexibility, release connective tissue, and boost mental, physical, and emotional wellbeing.

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.