

GROUP EXERCISE

UPDATED 3/20/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	<p>9:15-10:15A LES MILLS BODYCOMBAT ALYSON & LINA ★</p>	<p>5:30-6:30A LES MILLS BODYPUMP RITA</p> <p>9:15-10:15A LES MILLS BODYPUMP ALYSON</p>	<p>9:15-10:00A SURGE FIT BRITNEY</p> <p>10:00-10:30A CORE SHEA</p>	<p>5:30-6:30A LES MILLS BODYPUMP RITA</p> <p>9:15-10:15A LES MILLS BODYPUMP ALYSON</p>	<p>9:15-9:45A STRONG 80 ALYSON</p> <p>9:45-10:15A CORE ALYSON</p>	<p>7:15-8:15A LES MILLS BODYPUMP BRIAN</p> <p>9:00-10:00A LES MILLS BODYCOMBAT CAMILLE ★</p> <p>10:00-10:30A LES MILLS BODYPUMP CAMILLE</p>	<p>9:00-10:00A ZUMBA fitness JOSEPH ★</p> <p>10:00-10:45A BOOTCAMP TYLER</p>
	<p>5:30-6:15P LES MILLS BODYCOMBAT CAMILLE ★</p> <p>6:15-6:45P CORE FLORI</p>	<p>5:30-6:30P LES MILLS BODYPUMP SHANNA</p> <p>6:30-7:00P LES MILLS GRIT SHANNA</p>	<p>5:30-6:30P LES MILLS BODYCOMBAT FLORI ★</p> <p>6:30-7:30P BOOTCAMP SHANNA</p>	<p>5:30-6:30P LES MILLS BODYPUMP SHANNA</p> <p>6:30-7:00P LES MILLS GRIT SHANNA</p>		<p>**REGISTER FOR ALL CLASSES THROUGH THE MEMBER PORTAL OR FRONT DESK**</p> <p>CLASSES WITH FEWER THAN 4 PARTICIPANTS WILL BE CANCELED</p>	
	<p>9:15-10:15A SPINNING LISA</p> <p>5:00-6:00P SPINNING MIKE</p>	<p>9:15-10:15A SPINNING LISA</p>		<p>9:15-10:15A SPINNING LISA</p>	<p>5:30-6:30A SPINNING JOHN</p>	<p>7:15-8:15A SPINNING JOHN</p> <p>8:30-9:15A Weekend Ride MICHELE</p>	

YOU ASKED, WE ANSWERED!
CHECK OUT PILATES WITH CURTIS THURSDAYS & SUNDAYS!

WELLNESS STUDIO	<p>5:30-6:30A Vinyasa CINDY ★</p> <p>9:15-10:15A Cardio Sculpt KRISTEN</p>	<p>9:00-10:00A Vinyasa CINDY ★</p> <p>10:30-11:30A Gentle Yoga NANCY ★</p>	<p>9:15-10:15A PowerPlay Vinyasa LISA ★</p>	<p>9:15-10:15A Pilates RALEIGH</p> <p>10:30-11:30A Therapeutic Yoga NANCY ★</p>	<p>9:15-9:45A Cardio Sculpt Exp KRISTEN</p> <p>10:00-10:30A Stretch & Flex NANCY ★</p> <p>10:30-11:30A Chair Yoga NANCY ★</p>	<p>8:15-9:15A Vinyasa CRISTINA ★</p> <p>10:00-10:45A KIDS 5-11 POWER HOUR SHEA</p>	<p>9:00-10:00A Align & Flow CRISTINA ★</p> <p>10:00-11:00A Pilates CURTIS ★</p>
	<p>5:00-5:45P KIDS 5-11 POWER HOUR SHEA</p> <p>6:00-7:00P Power Hour Yoga RAISA ★</p>	<p>5:00-6:00P Vinyasa CINDY ★</p> <p>6:30-7:30P GEN-Z YOGA DANA</p>		<p>6:30-7:30P Pilates CURTIS ★</p>	<p>6:30-7:40P Subtle Strength Yoga ARTHUR ★</p>	<p>**Please bring your own mat for class.**</p>	
	<p>8:35-9:30A Water Exercise DIANA</p>		<p>8:35-9:30A Water Exercise MARY</p>		<p>8:35-9:30A Water Exercise DIANA</p>		

★ =12/13 ALLOWED W/PARENT

CLASS DESCRIPTIONS

ALIGN & FLOW YOGA: IN THIS BALANCED PRACTICE, POSES WILL BE HELD A BIT LONGER TO EMPHASIZE STRENGTH, STABILITY & OPTIMAL ALIGNMENT. WE WILL MOVE THROUGH HEAT-BUILDING SEQUENCES DESIGNED TO FIRE UP THE CORE. TAKING OUR TIME TO REFINE THE POSES & SLOW DOWN THE BREATH. THIS CLASS IS SUITABLE FOR ALL LEVELS.

BODYCOMBAT™/BODYCOMBAT™EXPRESS: THIS FIERCELY ENERGETIC PROGRAM IS DONE IN A 60 OR 30 MINUTE FORMAT. IT IS INSPIRED BY MARTIAL ARTS AND DRAWS FROM A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAE KWON DO, TAI CHI AND MUAY THAI. SUPPORTED BY DRIVING MUSIC AND POWERFUL ROLE MODEL INSTRUCTORS STRIKE, PUNCH, KICK AND KATA YOUR WAY THROUGH CALORIES TO SUPERIOR CARDIO FITNESS.

BODYPUMP™/BODYPUMP™EXPRESS: THIS BARBELL CLASS IS DONE IN A 60 OR 30 MINUTE FORMAT. THIS IS THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. THE WORKOUT CHALLENGES ALL YOUR MAJOR MUSCLE GROUPS BY USING THE BEST WEIGHT ROOM EXERCISES LIKE SQUATS, PRESSES, LIFTS AND CURLS. GREAT MUSIC, AWESOME INSTRUCTORS AND YOUR CHOICE OF WEIGHT INSPIRE YOU TO GET THE RESULTS YOU CAME FOR – AND FAST!

BOOTCAMP: THIS CLASS INCORPORATES CARDIO, STRENGTH, INTERVAL, CIRCUIT, AGILITY, PLYOMETRICS AND BODY WEIGHT TRAINING TO IMPROVE CARDIO, STAMINA, REDUCE BODY FAT, AND CREATE LEAN MUSCLE. PARTICIPANTS COMMENCE EACH WORKOUT WITH RUNNING AND DYNAMIC STRETCHING BEFORE MOVING ON TO MORE EXPLOSIVE, INTENSE WORKOUTS.

CARDIO SCULPT: DURING THIS LOW IMPACT CLASS YOU WILL BURN FAT, TONE AND SHAPE YOUR BODY USING A VARIETY OF FITNESS EQUIPMENT. ALL FITNESS LEVELS WELCOME!

CHAIR YOGA: THIS SIMPLE PRACTICE HELPS YOU MEET & RELEASE TENSION, BUILD STRENGTH & MOBILITY WITH EASE & STABILITY, & DEVELOP A DEEPER RELATIONSHIP WITH HOW YOU MOVE, ALL WHILE WORKING WITH AN INTEGRATED CONNECTION TO BREATH. WE WORK FROM A CHAIR AS WELL AS STANDING, & THIS THOUGHTFUL FORMAT GIVES SPACE FOR ADAPTATION & CONSIDERATION FOR EACH STUDENTS' LIMITATIONS & ABILITIES.

CORE: IN THIS 30 OR 45 MINUTE CLASS IT'S ALL ABOUT BUILDING CORE STRENGTH, IMPROVING FUNCTIONAL FITNESS OF THE ABDOMINALS, MID-SECTION, AND GLUTES, AS WELL AS WORKING THE CROSS-SLINGS, WHICH RUN FROM THE UPPER TO LOWER BODY. BASICALLY, CORE TARGETS EVERYTHING FROM THE MID-THIGH UP TO THE SHOULDERS.

GEN-Z YOGA: NOT YOUR MOTHER'S YOGA CLASS! AN URBAN INSPIRED FLOW COMPLETE WITH MINDFULNESS, BREATH WORK, ISOLATED MOVEMENTS & VINYASA SEQUENCING ALL SET TO AN ECLECTIC PLAYLIST TARGETED TOWARD OUR YOUTH.

GENERATION POUND * FITNESS FOR YOUTH THAT WANT TO MOVE, HAVE FUN AND MAKE NOISE! ROCKSTARS IN TRAINING, IN 2 GROUPS: AGES 5-8 & 8-12 YEARS. IT IS A YOUTH-ORIENTED PROGRAM THAT FUSES MOVEMENT AND MUSIC TO IMPROVE PHYSICAL FITNESS, FOCUS, COMMUNICATION, TEAMWORK COORDINATION, ATHLETIC SKILLS AND MORE!

GENTLE/FLOW & RESTORE: A CLASS THAT COMBINES A WARMING VINYASA FLOW WITH A SWEET AND RELAXING RESTORATIVE YOGA PRACTICE THAT WILL CULTIVATE DEEPER PHYSICAL OPENING, HEALING AND A MEDITATIVE MINDSET.

GRIT™: 30 MINUTES OF HIGH-INTENSITY INTERVAL TRAINING (HIIT). THE HIIT TRAINING EFFECT MEANS YOU WILL BURN CALORIES FOR HOURS AFTER THE WORKOUT. YOU WILL INCREASE AEROBIC FITNESS, UNLEASH FAST-TWITCH MUSCLE FIBERS & GROW LEAN MUSCLE TISSUE.

PILATES: STRENGTHENS & TONES MUSCLES, IMPROVES POSTURE, PROVIDES FLEXIBILITY & BALANCE, UNTIES BODY & MIND, AND CREATES A MORE STREAMLINED SHAPE.

POWER HOUR YOGA: AN INTENSE VINYASA FLOW THAT STRENGTHENS, TONES AND SCULPTS THE BODY WHILE INCORPORATING THE BREATH WITH STRONG MOVEMENT AND FLOW.

POWER PLAY VINYASA: YOGIS OF ALL EXPERIENCE LEVELS ARE WELCOME! EXPERIENCE A STRONG CORE AND ALIGNMENT FOCUSED YOGA PRACTICE WITH PLENTY OF TIME TO EXPLORE THE PRACTICE AND GROW YOUR OWN. OPTIONS TO LEVEL UP OR DOWN WILL BE PROVIDED THROUGHOUT THE CLASS. (LEVEL 1 & 2)

SPINNING®: THE SPINNING® PROGRAM IS AN INDIVIDUALLY PACED, NON-COMPETITIVE, GROUP TRAINING PROGRAM DESIGNED FOR ALL AGES AND FITNESS LEVELS. EACH BIKE IS EQUIPPED WITH AN ADJUSTABLE RESISTANCE KNOB, WHICH ALLOWS EACH STUDENT TO SELECT HIS/HER OWN LEVEL OF INTENSITY. CLASSES ARE HELD INDOORS AND OUTDOORS (SEASONALLY).

STRETCH & FLEX VERY GENTLE YOGA ON THE MAT TO INCREASE YOUR FLEXIBILITY AND MUSCLE MASS. HELP FOR OSTEOPOROSIS, ARTHRITIS, AND OVER ALL HEALTH AND WELL-BEING. THE CLASS IS DONE STRICTLY ON THE MAT, NO STANDING POSTURES.

STRONG NATION/STRONG 30: COMBINES HIGH INTENSITY INTERVAL TRAINING WITH THE SCIENCE OF SYNCED MUSIC MOTIVATION. IN EVERY CLASS, MUSIC & MOVES SYNC IN A WAY THAT PUSHES YOU PAST YOUR PERCEIVED LIMITS, TO REACH YOUR FITNESS GOALS FASTER. 30, 45 AND 60 MINUTE CLASSES AVAILABLE.

SUBTLE STRENGTH YOGA: THIS CLASS WILL USE LIGHT WEIGHTS ON THE BODY, AND OR ISOMETRIC HOLDS/CONTRACTIONS ALONG WITH YOGA FLOWS. THIS WILL BUILD STRENGTH IN A DIFFERENT WAY THAN HEAVY WEIGHTS. AND THOUGH THE RESULTS WILL BE MORE SUBTLE, THEY WILL BE FELT IN AN UNMISTAKABLE WAY.

SURGE FIT: HIGH INTENSITY CARDIO MIXED WITH HIGH-REP STRENGTH TRAINING, SET TO MUSIC YOU KNOW & LOVE!

THERAPEUTIC YOGA: YOGA THERAPY IS A PROCESS OF EMPOWERING STUDENTS TO PROGRESS TOWARDS IMPROVING THEIR HEALTH AND WELL-BEING THROUGH SPECIFIC YOGA POSTURES, VINYASA'S, AND MEDITATIVE AWARENESS THROUGH BREATH WORK AND MEDITATION.

VINYASA YOGA: A CHALLENGING YET RELAXING FLOW OF ASANAS CONNECTING MOVEMENT WITH THE BREATH. YOU'LL FIND BALANCE, STRENGTH AND FLEXIBILITY WHILE LEARNING HOW TO BREATHE EFFICIENTLY. EACH INSTRUCTOR BRINGS A DIFFERENT STYLE TO THE VINYASA CLASSES OFFERED.

WATER EXERCISE: PARTICIPANTS WILL GAIN MUSCULAR STRENGTH BY USING THE RESISTANCE OF THE WATER & IMPROVE FLEXIBILITY WITH THE WEIGHT-LESS MOVEMENT. YOU DO NOT HAVE TO BE A SWIMMER TO PARTICIPATE. PLEASE INFORM THE INSTRUCTOR OF PREGNANCY, BACK PROBLEMS, AND OTHER MEDICAL CONDITIONS.

WEEKEND RIDE: 45 MINUTE HEART PUMPING SPIN CLASS. YOU WILL BE LEAD THROUGH A SERIES OF SPRINTS, HILLS, JUMPS, FLATS AND DOWN HILLS TO HEART PUMPING MUSIC TO KEEP YOU GOING FOR THE REST OF THE WEEKEND!

YOGA MOVES: THIS CLASS COMBINES MANY STYLES OF YOGA (JIVAMUKTI, ASHTANGA, VINYASA, IYENGAR) TO HELP YOU MOVE YOUR BODY BETTER AND BALANCE YOU OUT TOP TO BOTTOM, SIDE TO SIDE, FRONT TO BACK. COME READY TO MOVE AT YOUR LEVEL. CAN'T WAIT TO SEE YOU IN THE STUDIO!

ZUMBA: ZUMBA COMBINES LATIN AND INTERNATIONAL MUSIC WITH A FUN AND EFFECTIVE WORKOUT SYSTEM. WITH CLASSES AND INSTRUCTORS WORLDWIDE, ANYONE CAN JOIN THE PARTY!