


# GROUP EXERCISE

STARTING 7/1/25

## MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15A <b>LES MILLS BODYCOMBAT</b> ALYSON	5:30-6:15A <b>LES MILLS BODYPUMP</b> NAJJAH	9:15-10:00A <b>SUMMER BOOTCAMP</b> TEAM	5:30-6:15A <b>LES MILLS BODYPUMP</b> NAJJAH	8:45-9:15A <b>tone</b> JON	8:00-8:45A <b>Cardio Sculpt</b> MICHELE	9:00-9:45A <b>tone</b> TEAM
5:30-6:30P <b>LES MILLS BODYCOMBAT</b> FLORI	9:15-10:15A <b>LES MILLS BODYPUMP</b> FLORI	5:30-6:15P <b>tone</b> ALYSON	9:15-10:00A <b>LES MILLS BODYPUMP</b> ALYSON	9:15-9:45A <b>LES MILLS GRIT</b> SHANNA	9:00-10:00A <b>LES MILLS BODYCOMBAT</b> TEAM	
6:30-7:00P <b>LES MILLS CORE</b> FLORI	6:30-7:00P <b>LES MILLS GRIT</b> SHANNA	6:30-7:00P <b>LES MILLS BODYPUMP</b> NAJJAH	6:30-7:15P <b>LES MILLS BODYCOMBAT</b> TEAM		10:00-10:30A <b>LES MILLS BODYPUMP</b> TEAM	
					10:30-11:30A <b>ZUMBA</b> JON	
<b>**KIDS AGE 12-13 ALLOWED TO CLASS WITH A PARENT**</b> 						

PLEASE BRING YOUR OWN MAT TO ALL CLASSES IN MAIN AND WELLNESS STUDIOS

## WELLNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30A <b>Vinyasa</b> CINDY	9:00-10:00A <b>Vinyasa</b> CINDY	5:30-6:30A <b>Vinyasa/Yin</b> DANIELLE	9:00-10:00A <b>Pilates</b> PAIGE	5:30-6:15A <b>Total BURN</b> CASSIDY	9:00-10:00A <b>Vinyasa Heat</b> DANIELLE	9:00-10:00A <b>Align &amp; Flow</b> CRISTINA
9:15-10:15A <b>Cardio Sculpt</b> KRISTEN	10:30-11:30A <b>Gentle Pilates</b> EMILE	9:15-10:15A <b>PowerPlay Vinyasa</b> DANA	10:15-11:15A <b>Gentle Yoga</b> ARTHUR	9:15-9:45A <b>Cardio Sculpt Exp</b> KRISTEN		10:15-11:00A <b>Pilates</b> PAIGE
5:00-6:00P <b>Sculpt &amp; Flow</b> SARAH	5:00-6:00P <b>Vinyasa</b> CINDY	5:00-6:00P <b>Sculpt &amp; Flow</b> SARAH	5:00-6:00P <b>Vinyasa</b> KERRY	10:00-11:00A <b>Chair Yoga</b> ARTHUR	<b>**REGISTER FOR ALL CLASSES THROUGH THE APP OR FRONT DESK**</b> <b>CLASSES WITH FEWER THAN 4 PARTICIPANTS WILL BE CANCELED ONE HOUR PRIOR TO CLASS START</b>	
	6:15-7:15P <b>Barre</b> CASSIDY					

## POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:15A <b>Water Exercise</b> DIANA	8:15-9:15A <b>Water Exercise</b> MARY	8:15-9:15A <b>Water Exercise</b> MARY 6:30-7:15P <b>Deep Water Exercise</b> JAMES		8:15-9:15A <b>Water Exercise</b> DIANA		



# CLASS DESCRIPTIONS

## MAIN STUDIO

### **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 WEIGHTROOM 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!

**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.

**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.

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

**SUMMER BOOTCAMP:** TOTAL BODY CONDITIONING CLASS DESIGNED TO BUILD STRENGTH, ENDURANCE, AND MENTAL GRIT. EXPECT A MIX OF CARDIO, STRENGTH, AGILITY, AND CORE WORK USING EQUIPMENT AND BODYWEIGHT EXERCISES. EVERY WORKOUT IS DIFFERENT, KEEPING YOUR BODY GUESSING AND YOUR MIND ENGAGED.

**TONE:** LES MILLS TONE COMBINES BLOCKS OF STRENGTH, CARDIO AND CORE TRAINING INTO ONE COMPLETE 45 MINUTE WORKOUT. A LES MILLS TONE CLASS INCLUDES A MIX OF EXERCISES TO WORK THE WHOLE BODY AND ELEVATE THE HEART RATE.

**CIRCL MOBILITY:** BASED ON THE SCIENCE OF FUNCTIONAL MOVEMENT, CIRCL MOBILITY™ FOCUSES ON FLEXIBILITY, BREATHWORK, AND MOBILITY EXERCISES.

**CARDIO SCULPT:** THIS CLASS CONSISTS OF PERIODS OF INTENSE EXERTION WITH LOW IMPACT CARDIO EXERCISES ALTERNATING WITH PERIODS OF REST AND LIGHT EXERTION. THIS INTERVAL-BASED CLASS COMBINES FULL-BODY STRENGTH TRAINING WITH LOW-IMPACT CARDIO BURSTS DESIGNED TO TONE YOUR BODY AND IMPROVE YOUR ENDURANCE. THIS CLASS IS DESIGNED FOR YOU TO MOVE AT YOUR OWN PACE AND DO THE MOVES ON YOUR OWN TIMING.

## WELLNESS STUDIO

**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.

**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!

**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 REFINES THE POSES & SLOW DOWN THE BREATH. THIS CLASS IS SUITABLE FOR ALL LEVELS.

**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)

**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.

**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.

**VINYASA CHILL:** VINYASA WITH A SLOWER PACE/VINYASA HEAT: VINYASA WITH INCREASED SPEED AND CHALLENGES.

**SCULPT & FLOW:** SCULPT & FLOW IS DESIGNED TO BUILD STRENGTH, TONE THE ENTIRE BODY, AND MOVE WITH PURPOSE. BLENDING ENERGIZING FLOW WITH FUNCTIONAL CONDITIONING, THIS CLASS TARGETS MAJOR MUSCLE GROUPS WHILE IMPROVING BALANCE, MOBILITY, AND OVERALL CONTROL. EACH SESSION WEAVES TOGETHER BREATH, MOVEMENT, AND STRENGTH--PERFECT FOR ENHANCING BOTH YOUR YOGA AND PILATES PRACTICE.

**LIFE FORCE FLOW:** DISCOVER THE TRANSFORMATIVE POWER OF LIFE FORCE FLOW. A UNIQUE CLASS BLENDING YOGA, TIBETAN YOGA, AND DAOIST QI GONG WITH BREATHWORK, VISUALIZATIONS, AND MEDITATION. THESE PRACTICES ARE DESIGNED TO CHANNEL AND AMPLIFY LIFE FORCE ENERGY WITHIN THE BODY, PROMOTING VITALITY AND SLOWING THE AGING PROCESS. REGULAR PRACTICE BUILDS AND STRENGTHENS THIS ENERGY, CREATING A PROFOUND SYNERGY OF PHYSICAL AND METAPHYSICAL BENEFITS. EXPERIENCE A REJUVENATING JOURNEY THAT NURTURES BOTH BODY AND MIND.

**TOTAL BURN:** HIGH-EFFICIENCY, LOW-IMPACT CARDIO AND STRENGTH CLASS DESIGNED TO BOOST HEART HEALTH, AND BUILD MUSCLE--ALL IN 45 MINUTES. WITH A STRONG EMPHASIS ON HEART-RATE-BASED TRAINING, THIS CLASS BLENDS MACHINE-BASED CARDIO INTERVALS (TREADMILL, ROWER, BIKE, OR ELLIPTICAL) WITH STRENGTH AND CORE WORK FOR A BALANCED, TOTAL-BODY BURN.

**BARRE:** A PILATES BASED CLASS THAT COMBINES BOOTY SCULPTING BARRE WORK. THIS FULL BODY WORKOUT WILL UTILIZE THE BARRE, SOME LIGHT WEIGHTS AND MAT BASED CORE WORK.

## POOL

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

**DEEP WATER EXERCISE:** LOW IMPACT CARDIO AND TONING TREADING/JOGGING/RUNNING WITH OR WITHOUT FLOTATION. NO MATTER YOUR FITNESS LEVEL, MODIFIED EXERCISE MOVEMENTS IN DEEP WATER WILL WORK YOU TO YOUR CORE! GREAT FOR ATHLETES AND FITNESS ENTHUSIASTS OF ALL AGES THAT WANT AN ALTERNATIVE TO STRENUOUS LAND WORKOUTS.



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