

WINTER '24

MORNING CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 AM	LES MILLS BODYCOMBAT™ Aerobic Rm ANDI POWER CYCLE Cycling Rm KRISTY	SURGE FIT Aerobic Rm LAUREN	LES MILLS BODYPUMP™ Aerobic Rm FIONA POWER CYCLE Cycling Room HEIDI	BARRE Aerobic Rm REBECCA VINYASA FLOW YOGA Multipurpose Room JILL	CARDIO FUSE Aerobic Room ERIN	
8:30-9:25 AM	HIGH FITNESS Aerobic Rm SHAUNA MOVEWELL: Functional Mobility Training Multipurpose Room JACQUELINE	TABATA Aerobic Rm SHAUNA LIFESTYLE TRAINING Multi-Purpose Room ANNE	POWER STEP Aerobic Room SHAUNA SILVER FIT & WELLNESS Multipurpose Room ANNE Les Mills RPM™ Cycling Room CARA	LIFESTYLE TRAINING Multi-Purpose Room ANNE MOVEWELL: Functional Mobility Training Aerobic Room JACQUELINE	BODYPUMP™ Aerobic Rm BRENT	8:00 BODYPUMP™ Aerobic Rm ESTHER
9:30-10:25 AM	CYCLE PUMP Cycling Rm KIM Les Mills BODYPUMP™ Aerobic Rm BRENT PIYO Multipurpose Rm JESSIE	RPM Cycling Rm LUCY BARRE Aerobic Rm FIONA SURGE FIT Multipurpose Room KATLIN	MUSCLE SCULPT Aerobic Rm JACQUELINE PIYO Multi-Purpose Rm JESSIE	CYCLE PUMP Cycling Rm KIM SURGE FIT Aerobic Rm WHITNEY TAI-GA FLOW Multipurpose Rm THU	LES MILLS RPM™ Cycle Rm CARA ZUMBA FITNESS® Aerobic Rm LETICIA PIYO Multi-Purpose Rm JESSIE	9:00 HIGH FITNESS Aerobic Rm KIM
10:30-11:25 AM	ZUMBA FITNESS® Aerobic Rm HEATHER/KOREENA CHAIR YOGA Multi-Purpose Rm JESSIE	ZUMBA FITNESS® Aerobic Rm CHRISTIN SENIOR FIT Multipurpose Rm SARAH W.	HIGH LOW Aerobic Rm KIM SENIOR FIT Multipurpose Rm SHAUNA	LA BLAST Aerobic Room CHRISTIN SENIOR FIT Multipurpose Rm JULIE	HIGH LOW Aerobic Rm ERIN/KATLIN SENIOR FIT Multipurpose Rm CHRISTENE	10:00 ZUMBA FITNESS® Aerobic Room TIFFANY/MONTA
EVENING CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 PM	CARDIO FUSE Aerobic Rm ERIN MOMENTUM CYCLE Cycling Room RICHARD	LES MILLS BODYPUMP™ Aerobic Rm ANNA	HIGH FITNESS Aerobic Rm KANELA/CAIT PILATES Multipurpose Room THU MOMENTUM CYCLE Cycling Room RICHARD	HIGH FITNESS Aerobic Rm DAX		
7:00 – 7:55 PM	ZUMBA FITNESS® Aerobic Rm JULIE	ZUMBA FITNESS Aerobic Rm ANDI POWER CYCLE Cycling Room HEATHER	SURGE FIT Aerobic Room TERRA STEP & SWEAT Multipurpose Room ERIN S.	LES MILLS BODYPUMP™ Aerobic Rm SHELLY CYCLE TO THE 80's Cycling Room DARRIN P.		
8:00 – 8:55 PM	GENTLE YOGA Aerobic Room ERICA	GENTLE YOGA Aerobic Room JILL	CLUB FIT Aerobic Room JANELLE	GENTLE YOGA Aerobic Room HOLLE		

CLASS DESCRIPTIONS:

BARRE:

Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre also focuses on high reps of small range movements.

CARDIO FUSE:

Cardio Fuse blends kickboxing, plyometrics, aerobics, mini loop band resistance, and core work for a fun, full body workout.

CHAIR YOGA:

This is an amazing class option for those who may need yoga in a safe, beginner option. This class is created to suit those who want to achieve relaxation and increase mobility, without the up and down in a traditional yoga class.

CLUB FIIT:

ClubFIIT makes movement and fitness fun! With the light's down low and party lights up, we bring the party and club vibe to you! This is a hip hop based cardio class that alternates high and low intervals to maximize your work out while staying low impact! This class is for all fitness levels.

CYCLE PUMP:

The ultimate combination of high intensity, low impact cardio work and resistance training. This class will not only have you sweating- you will leave feeling stronger and ready to take on the day. This class is for any fitness level.

GENTLE YOGA:

Yoga for restoring both the mind and the body through meditation and a series of stretches for the muscles.

HIGH FITNESS:

HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love and intense easy to follow choreography. HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

HIGH LOW:

Reminiscent of the aerobics glory days, this format is based on traditional aerobic principles that create a steady state cardio workout without the impact. Offering the same choreography as the original HIGH Fitness class you know and love, without the impact.

LA BLAST:

A partner-free ballroom dance based format, which includes all components of fitness, and uses music from every era & genre. This class is for all bodies at any fitness level.

LES MILLS **BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release Stress and feel like a champ. All fitness levels

LES MILLS **BODYPUMP**

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, **BODYPUMP™** gives you a total body workout burning up to 400 calories per class.

LES MILLS **RPM**

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

LIFESTYLE TRAINING:

Low-impact strength training with modifications, guided by a knowledgeable personal trainer designed for your body, form and safety.

MOMENTUM CYCLE:

Form, mind management, conditioning, and progress tracking all in one immersive cycling experience! This class is for all fitness levels!

MOVEWELL:

A class dedicated to everyone with a body that loves movement to improve functional strength while increasing mobility. This class will enhance recovery and overall fitness performance with a flow style class to take training to the next level!

MUSCLE SCULPT:

Total body workout to help enhance muscle shape and definition while also improving muscular balance, strength & function. Little to no impact. All fitness levels welcome.

PIYO:

PiYo is a high intensity, low impact workout that utilizes your body weight to sculpt and define your muscles. A unique blend of Pilates and Yoga. PiYo emphasizes strength, flexibility, and cardio with fabulous music! NO Yoga experience necessary.

POWER CYCLE:

Endurance, strength and intervals in Power Cycle will keep you coming back every time! This class offers a variety of levels and ranges of intensity to take your workout and endurance to the next level! This class is suitable for all fitness levels!

POWER STEP:

With fun step combinations, cardio intervals and strength and toning exercises, this class will give you a total body workout experience that will strengthen your muscles and boost your mood!

POWER YOGA:

A vigorous style of yoga designed to build strength, balance and flexibility through movement connected to breath, Sequencing is varied so no two classes are the same.

SENIOR FIT:

A class created to strengthen functional muscles, improve balance and mobility. All levels welcome!

SILVER FIT & WELLNESS:

A specialized format that incorporates a variety of exercises tailored to aging bodies. This class includes low-impact cardio, strength training, balance, and flexibility exercises to increase overall wellness, strength, band coordination.

SURGE FIT:

This is an energizing HIIT workout with high intensity cardio tracks paired with resistance training, all to popular music to get your heart rate and muscles surging for great results.

TABATA:

Highly effective and efficient workout utilizing a method of 20 seconds of work followed by 10 second resting intervals. This is a cardio class for all fitness levels.

TAI-GA FLOW:

This class fuses both Tai Chi & Yoga Flow to create a meditative movement experience. No experience necessary. All fitness levels!

VINYASSA FLOW YOGA:

A style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

ZUMBA FITNESS:

A Latin inspired fitness class incorporates music and dance movements from all over the world with easy-to-follow steps that include great body sculpting moves. All fitness levels, dancers and non-dancers welcome! COME AND JOIN THE PARTY!

LES MILLS Official Les Mills Partner



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