

# Group Fitness - Class Schedule



Effective 6-25-14

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 a.m.			<b>Boot Camp</b> Teresa	<b>LES MILLS BODYCOMBAT</b> Nona	<b>Boot Camp</b> David		
8:30 a.m.		<b>LES MILLS BODYCOMBAT</b> Lucia	<b>Sculpt - Kerri</b> <b>LES MILLS CXWORX</b> Kerri		<b>Bosu Strength - Kerri</b> <b>LES MILLS CXWORX</b> Kerri		<b>LES MILLS BODYCOMBAT</b> Jo
9:30 a.m.	<b>Total Conditioning</b> Jo	<b>Sculpt</b> Kim	<b>Step</b> Julie	<b>Sculpt</b> Colleen <b>LES MILLS CXWORX</b> Colleen	<b>LES MILLS BODYCOMBAT</b> Kerri & Liz	<b>H.I.I.T.</b> Kelly	<b>Sculpt</b> Pam
10:30 a.m.	<b>Yogilates</b> Kathleen	<b>ZUMBA fitness</b> Robin	<b>H.I.I.T. - Robin</b> <b>LES MILLS CXWORX</b> Robin	<b>LES MILLS BODYCOMBAT</b> Allie	<b>ZUMBA fitness Step</b> Dora	<b>Barre</b> Kelly	<b>Yoga</b> Alternating Instructors
11:30 a.m.		<b>Total Conditioning</b> Kelly	<b>LES MILLS BODYCOMBAT</b> LeighAnn <b>LES MILLS CXWORX</b> Leigh Ann	<b>Bosu Strength</b> Kerri	<b>LES MILLS CXWORX</b> Kelly <b>Total Conditioning Express - Kelly</b>	<b>ZUMBA fitness</b> Patty	<b>ZUMBA fitness</b> Alternating Instructors
4:30 p.m.		<b>Sculpt</b> Melissa	<b>ZUMBA fitness</b> Gaby	<b>Sculpt</b> Krystal	<b>ZUMBA fitness</b> Robin	<b>Total Conditioning</b> Beth	
5:30 p.m.		<b>LES MILLS BODYCOMBAT</b> Melanie	<b>H.I.I.T. - Robin</b> <b>LES MILLS CXWORX</b> Robin	<b>ZUMBA fitness</b> Emily	<b>Sculpt</b> Denise	<b>LES MILLS BODYCOMBAT</b> Allie	
6:30 p.m.		<b>Yoga</b> Karen	<b>Step</b> Lisa	<b>Total Conditioning</b> Nils	<b>LES MILLS BODYCOMBAT</b> Lucia	<b>ZUMBA fitness</b> Linda	
7:30 p.m.		<b>ZUMBA fitness</b> Zo	<b>Sculpt</b> Deitra	<b>ZUMBA fitness</b> Bethany	✓ <b>LES MILLS CXWORX</b> Lucia		

All classes included with Daily Admission or Membership.

✓ 30 minutes

Instructors and Class Format are subject to change when substitutions are needed.

# CYCLING

Passes required for Cycling classes.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 a.m.		<b>CYCLE</b> Kathleen		<b>CYCLE</b> Jeanine		<b>CYCLE</b> Kathleen	
8:30 a.m.		<b>CYCLE</b> Teresa		<b>CYCLE</b> Teresa		<b>LES MILLS RPM</b> Melissa	<b>CYCLE</b> Nils
9:30 a.m.	<b>CYCLE</b> Kathleen	<b>CYCLE</b> Kerri	<b>LES MILLS RPM</b> Melissa	<b>LES MILLS RPM</b> Beth	<b>CYCLE</b> Julie	<b>CYCLE</b> Colleen	<b>LES MILLS RPM</b> Kelly/Melanie
10:30 a.m.	<b>CYCLE</b> Jo	<b>LES MILLS RPM</b> Melanie		<b>LES MILLS RPM</b> Kelly		<b>CYCLE</b> Julie	
11:30 a.m.			<b>LES MILLS RPM</b> Extended - Kelly				
5:30 p.m.		<b>CYCLE</b> Robin	<b>LES MILLS RPM</b> Denise	<b>LES MILLS RPM</b> Robin	<b>CYCLE</b> Karla	<b>CYCLE</b> Tim	
6:30 p.m.		<b>LES MILLS RPM</b> Beth	<b>CYCLE</b> Tom	<b>CYCLE</b> Tom	<b>LES MILLS RPM</b> Dietra		
7:30 p.m.		<b>CYCLE</b> Janel					

**LES MILLS RPM** Ride to the beat of highly energetic music

**Format:** Rides encompassing hills, flats, mountains peaks, speed and interval work.

**Entry Level:** All fitness levels

**CYCLE:** Emphasis on Heart Rate Training and RPE (Rate of Perceived Exertion)

**Format:** Rides based on different intensity efforts, incorporating different terrain and heart rate ranges for each class.

**Entry Level:** All fitness levels

# 218

Passes required for 218 classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m.		<b>Smart Moves</b> Melissa		<b>Smart Moves</b> Melissa	
9:30 a.m.	<b>Yoga</b> Heather, RYT	<b>Pilates</b> Kerri	<b>Yoga</b> Karen S.	<b>▲ Yoga</b> Tammy	<b>Pilates</b> Suzanne
10:30 a.m.	<b>Pilates</b> Heather, RYT	<b>Yoga</b> Julie	<b>Pilates</b> Suzanne		<b>Gentle Yoga</b> Tammy
11:30 a.m.	<b>● Yoga Stretch</b> Tammy		<b>Yoga</b> Kelly		<b>● Yoga Stretch</b> Julie
12:30 p.m.		<b>Gentle Yoga</b> Betsy		<b>Gentle Yoga</b> Jeanine	
4:30 p.m.			<b>Yoga</b> Karen H.		
5:30 p.m.	<b>Pilates</b> Suzanne	<b>▲ Power Yoga</b> David	<b>Yoga</b> Frank	<b>Gentle Yoga</b> Amy	<b>Happy Hour Yoga</b> Frank
6:30 p.m.			<b>Pilates</b> Lisa	<b>Pilates</b> Suzanne	

# Aqua

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 a.m.	<b>Warm Water</b> Christina		<b>Warm Water</b> Teresa		<b>Warm Water</b> Teresa	
8:30 a.m.	<b>Aqua Fit</b> Kerri		<b>Aqua Fit</b> Cherie		<b>Aqua Fit</b> Colleen	
9:30 a.m.	<b>Deep Water</b> LeighAnn	<b>Aqua Zumba</b> Dora	<b>Aqua Strength</b> Cherie	<b>Aqua Zumba</b> Dora	<b>Aqua Fit</b> Betsy	<b>Aqua Fit</b> Alternating Instructors
10:30 a.m.	<b>Aqua Fit</b> Colleen	<b>Deep Water</b> Christina	<b>Deep Water</b> Colleen	<b>Deep Water</b> Julie	<b>Deep Water</b> Betsy	<b>Deep Water</b> Alternating Instructors
12:05 p.m.	<b>Warm Water</b> Christina	<b>Warm Water</b> Christina	<b>Warm Water</b> Lynn	<b>Warm Water</b> Christina		
6:05 p.m.		<b>Deep Water</b> Nate		<b>Deep Water</b> Nate		
6:30 p.m.	<b>Aqua Fit</b> Lynn		<b>Aqua Zumba</b> Emily			

**Effective**  
**6-25-14**

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● 45 minutes ▲ 75 minutes