

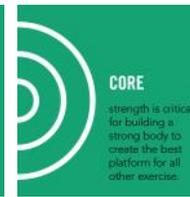
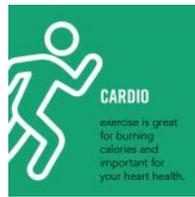
Group Exercise Schedule Sept. 9- Nov. 3, 2019



Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am	LES MILLS BODYPUMP 55	HIIT Cardio & Core	LES MILLS BODYPUMP 55	Core & More NEW!	LES MILLS BODYPUMP 45		
	7:15am					Yoga Stretch (Body & Mind Studio)		
	8:00am	Cardio Blast	Balanced Strength	Yoga Stretch (Body & Mind Studio)	Balanced Strength		LES MILLS BODYATTACK 55	
	8:30am					LES MILLS BODYPUMP 45		
	9:00am	HIIT Cardio & Core	Metabolic Power Hour	Power Step	LES MILLS BODYFLOW 55	9:20 HIIT Cardio - Express	9:05 LES MILLS BODYPUMP 55	LES MILLS BODYPUMP 55
	9:00am	Hatha Yoga (Body & Mind Studio)						
	10:00am	LES MILLS BODYPUMP 55	LES MILLS BODYFLOW 55	LES MILLS BODYPUMP 55		10:05 LES MILLS BODYFLOW 55		10:05 LES MILLS BODYFLOW 55
	4:30pm	Metabolic Power Hour	Bootcamp NEW!		4:45 LES MILLS BODYPUMP 55			
	5:00pm			LES MILLS BODYATTACK 55				
	5:30pm	Power Step	LES MILLS BODYPUMP 55					
	6:00pm			LES MILLS BODYFLOW 55	Hatha Yoga (Body & Mind Studio)			
	STAGES Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		Sprint						
6:15am								
8:00am			8:10 Sprint New Time!		8:10 Sprint New Time!			
9:00am								
5:45pm			Power Cycle					
Competition Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am		Hydro Trifecta					
	8:00am	Aqua Fit		Aqua Fit		Aqua Fit		
	9:00am	Aqua Fit	9:05 Aqua Blast New Time!	Aqua Fit	9:05 Aqua Blast New Time!	Aqua Fit		
	10:15am						Hydro Trifecta	
Warm-Water Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:10am	Aqua Lite	Aqua Yoga	Aqua Lite	Aqua Yoga	Aqua Lite		
	9:10am	Aqua Lite	Aqua Lite	Aqua Lite		Aqua Lite		
	10:10am	Aqua Lite		Aqua Lite		Aqua Lite		

Class descriptions

Classes are 50 minutes in length unless otherwise stated.



Aqua Blast

Take on land equivalent intensity, dynamic instruction, and sing-aloud music in this 45-minute high-energy aquatic class! Meant to challenge participants of all ages, skill and fitness levels.

Aqua Fit

This cardio and strength workout is easy on the joints, yet totally exhilarating for all fitness levels. Use a selection of aquatic equipment in shallow and deep water to strengthen your body and heart.

Aqua Lite

This class benefits those with fibromyalgia, arthritis, back discomfort, injury recovery or anyone wanting a gentle aquatic workout. The class focuses on improving strength, flexibility and range of motion while stabilizing the joints.

Aqua Yoga

The gentle nature of aqua yoga makes it suitable for people of all ages and fitness levels; ideal for those who cannot enjoy the benefits of land yoga due to previous injury and/or inability to get on/off the floor. Aqua yoga widens the spectrum of stretches and may even ease discomfort associated with chronic conditions such as arthritis or fibromyalgia. This 45-minute class is suitable for everyone.

Balanced Strength

This total-body resistance training class uses a variety of equipment focusing on compound exercises challenging not only muscular strength, but balance and core stability.

LES MILLS **BODYATTACK**

BODYATTACK™ is a high-energy fitness class with moves that cater to both total beginners and total addicts. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way and leaving you with a sense of achievement. **BODYATTACK**™ is available as a 55 or 45-minute workout.

LES MILLS **BODYFLOW**

During **BODYFLOW**™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centered...happy. **BODYFLOW**™ is available as a 55-minute workout.

LES MILLS **BODYPUMP**

BODYPUMP™ is 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. Instructors will coach you through scientifically proven moves and techniques, pumping out encouragement, motivation and great music. **BODYPUMP** is available as a 55 or 45-minute workout.

Bootcamp

Bootcamp is a high-intensity strength and cardio-based class designed to work your entire body. Be prepared to utilize a variety of exercises, equipment and intervals to get a complete workout.

Cardio Blast

Start your week off on the “right” foot with this fun, energetic aerobics class. Improve your cardiovascular endurance with both high and low impact sequences; something a little different each time.

Core & More

30 minutes of core targeting exercises followed by 20 minutes of stretching and myofascial release. This functional core workout will challenge stability, strength and power using a variety of traditional and non-traditional exercises and equipment. Modifications are provided for all fitness levels.

Hatha Yoga

A balance of opposites, Hatha Yoga is a traditional style of movement intended to unite fiery energy with stability and calmness in an effort to balance the body and mind. Each 60-minute offering is appropriate for all experience levels.

HIIT Cardio & Core

High Intensity Interval Training (HIIT) is all about the energy; cardiovascular training combining intervals of maximum effort followed by complete recovery. Core-strengthening exercises are included throughout the workout. Modifications are provided for all fitness levels. *HIIT Cardio Express is a 35 minute cardio-only version of this format.*

Hydro Trifecta

This 60-minute workout takes advantage of all aspects of aquatic fitness. Class will start in the shallow end of the competition pool, progress to the deep end for cardiovascular training and end with a relaxing stretch in the warm-water therapy pool.

Metabolic Power Hour

Let one of our motivating fitness specialists lead your ultimate circuit workout: Strength, power, endurance and overall conditioning. Work at your own pace and intensity to achieve your fitness goals.

Power Cycle

This 60-minute cycling class will bring high energy music, beat powered drills and time out of the saddle giving your upper body some attention too. Bring your energy and excitement as we bring big city boutique cycling to you!

Power Step

Let the music move you in this fun and energetic class created for all ages and fitness levels. Using a platform for basic step moves as well as bodyweight exercises for interval and strength training, you will achieve a



Amplify your results with precision training using the most accurate measurement tool for indoor cycling - the Stages Power Meter. Experience the most natural road feel with quick position adjustments and accurate work/caloric burn measurements as instructors set up your ride in “stages”, giving you internal and external competition perfect for all levels. *Sprint* options are 35-minutes, 30-minutes of intense work with a 5-minute cooldown.

Reserve your spot at the service desk up to 24-hours in advance.

Yoga Stretch (formerly Gentle Stretch)

Stretch and lengthen your muscles in this 45-minute class using methods from Yoga and fitness. You'll leave feeling refreshed and relaxed from head to toe. This class is appropriate for all levels.