



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE GROUP FITNESS SCHEDULE

A new schedule will start on the first day OF EVERY MONTH

***Bring Personal Mats to Class**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am – 6:15am	*Les Mills Body Pump (Ai) GFR 1	*Les Mills Body Combat (Ashley) GFR 1	*Les Mills Body Pump (Paige) GFR 1	*Les Mills Body Combat (Adrienne) GFR 1	*Les Mills Body Pump (Sara) GFR 1 ----- Body Flow (Adrienne) Upstairs	
5:30am-6:30am		CycleFit (Stephanie)		CycleFit (Stephanie)		
7:45am-8:45am	*Yoga Vinyasa Flow (Amy) Upstairs		*Yoga (Clarissa) Upstairs		*Yoga (Lyn) Upstairs	
8:00am-9:00am Body Pump – Saturday 8:15am		LM Body Flow (Sally) Upstairs	Body Jam (Holly) Wesson	LM Body Flow (Sally) Upstairs		*Les Mills Body Pump (Rotate) GFR 1 – 8:15am
9:00am-10:00am	*Les Mills Body Pump (Adrienne) GFR 1 ----- LIT (Light Intensity Training) (Missy) Upstairs ----- HITT CYCLE (Stephanie) GFR 2	Zumba (Kelly) Upstairs LM Body Combat Ai (GFR 1)	CycleFit (Missy) ----- *Les Mills Body Pump (Kelly) GFR 1 ----- LIT (Kelcey) Upstairs	Les Mills Body Jam (Kelly) Upstairs ----- Body Combat (Ashley) GFR 1	*Les Mills Body Pump (Erin) GFR 1 ----- Zumba BASIC (Kelly) Wesson ----- LIT (Kelcey) Upstairs	*Body Flow (Sally) Upstairs
9:30am – 10:30am		Pre School Yoga 3 – 6yrs 30 min (Andi) Wesson				Body Combat Rotate (GFR1)
10:00am-11:00am	Les Mills Body Flow (Erin) Upstairs	HITT (Dale) Upstairs ----- *Yoga Strong Flow (Clarissa) GFR 1	Body Flow (Rotate) Upstairs	HITT (Dale) Upstairs	*HITT (Missy) Upstairs * Every 3rd Friday 20/20/20 Cycling	Zumba (Lydia) Wesson Building
10:30am-11:15am	Sit & Fit (Tanya) GFR 1		Sit & Fit (Tanya) GFR 1		Sit & Fit (Tanya) GFR 1	
11:15am- 12:00pm	Sit & Fit (Tanya) GFR 1		Sit & Fit (Missy) GFR 1			
12:00pm-1:00pm		Line Dancing (Dee Dee) Upstairs	Lunch X-Press Cardio Teazer Kelly/Holly GFR 1	Lunch X –Press *Les Mills 30 min Body Pump (Katherine)	*Gentle Yoga (Lyn) GFR 1	
12:15pm – 1:00pm	Lunch X –Press *Les Mills 30 min Body Pump (Katherine)					
1:00pm-1:45pm	*Chair Yoga (Lyn) GFR 1	Cardio, Strength & Chair (Dee Dee) GFR 1		Cardio, Strength & Chair (Andrea) GFR 1		
4:15pm-5:00pm	Les Mills Body Flow (Sarah) GFR 1	*Les Mills Body Pump EX (Erin M) GFR 1 ----- *Kids YOGA (Sue/Andi) Wesson 3-6yrs Upstairs 7-12	Body Combat (Sara) GFR 1	*Les Mills Body Pump EX (Ai) GFR 1 ----- * Kids Classes (Natalie/Andrea) Wesson 3-6yrs Upstairs 7-12		Body Pump and Combat EX is a 45 min class
5:15pm-6:00pm		Body Combat EX (Erin P) GFR 1		Body Combat EX (Ai) GFR 1		
5:30pm-6:30pm	*Les Mills Body Pump (Katherine) GFR 1	CycleFit (Cicely) ----- Body Jam (Kelly) Upstairs	*Les Mills Body Pump (Natalie) GFR 1			New Classes in Blue
5:45pm – 6:30pm	Cyclefit (Maddie)					
6:15pm-7:15pm	*Yoga (Sue) Upstairs ----- Zumba (Lydia) Wesson	* 20 Min Abs (Cicely) ----- Les Mills Body Pump (Katherine) GFR 1	*Yoga Gentle/Rest. (Amy) Upstairs ----- Cyclefit (Robyn) ----- Zumba (Lydia) Wesson	Cardio Dance (Arlene) Wesson ----- Les Mills Body Pump (Katherine) GFR 1		*Classes in red in danger of being canceled due to low Participation

***Kids must wear ATHLETIC SHOES to attend kid's classes, BRING MAT OR TOWEL TO KID'S CLASSES!!!**

Class Descriptions:

Barre: is fun and empowering **class** with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights

CARDIO CHAIR & STRENGTH: Cardio class using chairs for balance—keeps joints flexible, muscles strong, and reduces pain/stiffness.

Cardio Dance: Fun, challenging, high energy dance class. Guaranteed to give you a great cardio workout.

CHAIR YOGA: Allows those who have physical limitations to participate in a gentle form of yoga while sitting in a chair. This works the joints and muscles to increase flexibility, strength, balance, and circulation.

CYCLE FIT: Moderate to high intensity non-impact cardiovascular workout performed on a stationary bike.

FIT & FUN: Ages 3-5. Develops balance, coordination, and teamwork skills through games, imagination play, and floor exercise.

***GENTLE YOGA:** A form of Yoga that emphasizes stretching and coordinating breath with movement to rejuvenate and nurture the body. Gentle Yoga is for people new to Yoga or for those who want a slower, less strenuous class.

***HIT:** High Intensity Interval Training; total body workout; strength training and cardio.

HITT Cycle: Intense cardio cycle workout.

KIDS BOOT CAMP: Fitness class for ages 6-12. Develops flexibility, cardio fitness, muscle strength, and endurance.

ATHLETIC SHOE REQUIRED – no sandals, crocs, bare feet, etc.

Kids Yoga: Class for Ages 3-6 and 7-12. Class is designed specifically for children. It includes poses to increase strength, flexibility and coordination. Classes are intended to be fun and may include age-appropriate games, animal sounds and creative names for poses.

LesMills BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness.

***LesMills BODYFLOW:** A yoga-based class that and embraces elements of Tai Chi and Pilates to improve your mind, your body and your life.

LesMills BODYJAM A mixture of dance and aerobics moves blended with the latest sounds of hip hop, funk, and Latin American music. It is a fun, cardio workout.

***LesMills BODYPUMP** – A 60-min workout that challenges all of your major muscle groups by using the weight-room exercises like Squats, Presses, Lifts and Curls. Body Pump Express – 45 min class, no biceps or triceps individual tracks

***LIT:** Low Intensity Interval Training; total body workout; strength training and cardio.

Sit & Fit: Focuses on dynamic cardiovascular **exercise**, strength **training**, balance, and flexibility — everything older adults need to maintain health and function as they age.

***Strong Flow Yoga:** This class will build strength, stamina and flexibility, while moving through poses with synchronized breath.

***Vinyasa Yoga :** **Vinyasa** means "breath-synchronized movement," and **Vinyasa yoga** is a series of poses that will move you through the power of inhaling and exhaling.

***YOGA:** De-stress and relax, build strength, flexibility, and toning using yoga postures and breathing techniques.

ZUMBA: Utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

***20 MINUE ABS:** Intense workout for the abdominals.

***20/20/20:** Bike/weights/abs

***Please bring your personal mat to class**