



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## July Group Fitness Schedule

Morning/Afternoon Classes

*See reverse for evening/weekend classes*

**NO Classes JULY 4th**

**1 Samuel 16:7**

### MONDAY

5:15-6:15am	LM Body Pump (Kelly P)	GFR 1
7:45-8:45am	*Yoga (Amy)	Wesson
8:15-8:45am	LM GRIT (Libby)	GFR 1
9:00-10:00am	LM Body Pump (Natalie)	GFR 1
9:00-9:45am	*LIT (Missy)	Upstairs
9:00-9:45am	LM RPM Cycle (Kelly W)	GFR 2
10:00-11:00am	LM Body Flow (Kelly P)	Upstairs
10:00-11:00am	Barre (Lacey)	Wesson
10:15-11:00am	Active Adult Fitness (Linda)	GFR 1
11:15-12:00pm	Active Adult Fitness (Linda)	GFR 1
12:15-12:45pm	LM Body Pump (Katherine)	GFR 1
1:00-1:45pm	Chair Yoga (Lyn)	GFR 1

### TUESDAY

5:15-6:15am	LM Body Combat (Ashley)	GFR 1
5:15-6:15am	Cycle 60 (Stephanie)	GFR 2
8:00-8:45am	*Total Body Conditioning (Kelly W)	Upstairs
8:00-9:00am	*LM Body Flow (Sally)	Wesson
9:00-10:00am	LM Sh'Jam 30 min each (Kelly P.)	Upstairs
9:00-10:00am	LM Body Combat (Ai)	GFR 1
10:00-10:30	*LM CXWORX (Ai)	GFR 1
9:00-9:45am	Cycle 45 (Missy)	GFR 2
10:00-11:00am	*HIIT (Amanda)	Upstairs
10:00-11:00am	*Yoga Strong Flow (Clarissa)	Wesson
12:15-12:45pm	LM Grit (Katherine)	GFR 1
1:00-1:45pm	Active Adult Fitness (Amy)	GFR 1
2:00-2:45pm	Parkinson (Rotate)	GFR 1

### WEDNESDAY

5:15-6:15am	LM Body Pump (Lisa)	GFR 1
7:45-8:45am	*Yoga (Clarissa)	Wesson
8:15-8:45am	*LM CXWORX (Kelly W.)	GFR1
9:15-10:00am	Kick Fit (Linda)	Wesson
9:00-10:00am	LM Body Pump (Ai)	GFR 1
9:00-9:45am	*LIT (Kelcey)	Upstairs
9:00-9:45am	Cycle 45 (Missy)	GFR 2
10:00-10:30	Foam Rolling Begins July 10 (Cice)	Upstairs
10:15-11:00am	Active Adult Fintess (Missy)	GFR 1
11:15-12:00pm	Active Adult Fitness (Missy)	GFR 1
12:15-12:45pm	LM Body Pump (Katherine)	GFR 1

### THURSDAY

5:15-6:15am	LM Body Combat (Alexis)	GFR 1
5:15-6:15am	RPM Cycle (Kelly W)	GFR 2
8:00-8:45am	*Total Body Conditioning (Kelly W)	Upstairs
9:00-10:00am	LM Body Combat (Ashley)	GFR 1
9:00-10:00am	Basic Zumba (Kelly P)	Wesson
9:00-10:00am	30/30 Tabata Cycle Tone (Stephanie)	GFR 2
10:00-11:00am	Barre (Lacey)	Wesson
10:00-10:30am	LM Body Pump (Kelly P.)	GFR1
10:30-11:00am	LM Body Flow (Kelly P.)	GFR1
10:00-11:00am	*HIIT (Amanda)	Upstairs
12:15-12:45pm	LM Grit (Katherine)	GFR 1
1:00-1:45pm	Active Adult Fitness (Linda)	GFR 1
2:00-2:45pm	Parkinson (Rotate)	GFR 1

### FRIDAY

5:15-6:00am	LM Body Pump Express (Lisa)	GFR 1
6:00-6:45am	6:00-6:45am (Lisa)	GFR1
7:45-8:45am	*Yoga (Lyn)	Wesson
8:15-8:45am	RPM Express Cycle (Kelly W.)	GFR 2
9:00-10:00am	LM Body Pump (Natalie)	GFR 1
9:00-9:45am	*LIT (Kelcey)	Upstairs
9:15-10:00am	Video Cycling (Linda)	GFR 2
10:00-11:00am	20/20/20 (Missy)	Upstairs
10:00-11:00am	<b>Every 3rd Fri . 20/20/20 Cycle</b>	GFR 2
10:15-11:00am	Active Adult Fitness (Amy)	GFR 1
11:15-12:00	Active Adult Fitness (Lydia)	GFR 1
12:15-1:15pm	*Yoga Gentle (Lyn)	GFR1

New Classes in Blue

Closed Programs in Green

\*Please Bring Personal Mat to Class

Please observe age requirements for kids classes

### Functional Strength Training Classes: 45 min

Mon 9 am (J)	Thurs 9am (Melissa)
Tues 9am (Melissa)	Thurs 5:30pm (April)
Wed 5:15am ( J)	Fri 5:15am (J)
Wed 9am (J)	Fri 9am (J)
Wed 5:30pm (Colin)	

### Youth Functional Training Classes (AGES 11-15):

Mon 6pm-6:45pm (Tyrone)

Tues. 4:30-5:15pm (Paul)

Tues 6-6:45pm (Tyrone)



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## July Group Fitness Schedule

### Evening/Weekend Classes

*See reverse for morning/afternoon classes*

#### MONDAY

4:15-4:45	LM RPM Express Cycle ( Kelly V	GFR 2
3:30-4:45	Healthy Living	Wesson
4:45-5:15pm	*CXWORX ( Kelly W.)	GFR 1
5:30-6:30pm	LM Body Pump (Katherine)	GFR1
5:00-5:45pm	Cycling (Linda)	GFR2
6:00-6:45pm	Cycling (Linda)	GFR2
5:30-6:30pm	Zumba (Kelly P.)	Upstairs
5:30-6:30pm	*Yoga (Amanda)	Wesson
6:30-7:30pm	30/30 Step Tone (Kelly P.)	GFR1
6:30-7:30pm	Youth & Government	Upstairs

#### TUESDAY

4:15-5:00pm	LM Body Pump Ex (Ai)	GFR1
4:15-5:00pm	*KIDS Class 3-6 Yrs (Colin)	Wesson
4:15-5:00pm	*Kid Fit Ages 7-12 Yrs (Tessa)	Upstairs
5:00-8:00pm	Martial Arts	Wesson
5:15-5:45pm	LM GRIT (Rotate)	GFR 1
5:30-6:15pm	RPM Cycle (Cicely)	GFR2
6:00-6:45pm	LM Body Pump EX (Katherine)	GFR 1
6:45-7:15pm	*LM CXWORX (Katherine)	GFR1

#### WEDNESDAY

3:30-4:30pm	Healthy Living	Wesson
4:15-4:45pm	HIIT (Amanda)	GFR1
4:15-4:45pm	LM RPM Epress Cycle (Kelly W.	GFR 2
4:45-5:15pm	*CXWORX (Kelly W)	GFR 1
5:30-6:15pm	Barre (Kelly P.)	Wesson
5:15-6:00pm	LM Body Combat Express (Traci	Upstairs
5:30-6:30pm	LM Body Pump (Natalie)	GFR 1
5:30-6:15pm	Cyclefit (Robyn)	GFR 2
6:15-7:15pm	*Yoga Gentle/Rest (Amy)	Wesson
6:15-7:15	KickFit (Linda)	Upstairs
6:35-7:35pm	ZUMBA (Colin)	GFR 1

#### THURSDAY

4:15-5:15pm	LM Body Combat (Courtney)	GFR 1
4:15-5:00pm	*Kid Fit 3-6 Yrs (Colin)	Wesson
4:15-5:00pm	*KIDS Class 7-12 Yrs (Tessa)	Upstairs
4:30-5:15pm	Beginner Cycle (Linda)	GFR 2
5:00-8:00pm	Martial Arts	Wesson
5:30-6:30pm	*LM Body Pump (Katherine)	GFR 1
5:30-6:30pm	Sizzle (Linda)	Upstairs
6:30-7:00pm	*LM CXWORX (Katherine )	GFR 1

#### FRIDAY

3:45-4:45pm	30/30 LM Pump/Combat (Ai)	GFR 1
5:15-6:00pm	Cycling (Linda) NO Childwach	GFR 2

#### SATURDAY

8:00-9:00am	Kick Fit (Linda)	Upstairs
8:15-9:15am	LM Body Pump (Rotate)	GFR 1
9:00-10:00am	*LM Body Flow (Sally)	Wesson
9:15-10:15am	Video Cycling (Linda)	GFR 2
9:30-10:30am	LM Body Combat (Rotate)	GFR 1
10:30-11:00am	*LM CXWORX (Rotate)	GFR1
10:15-11:15am	Family Zumba 7yrs + (Rotate)	Wesson

#### New Classes in Blue

#### Closed Programs in Green

\*Please Bring Personal Mat to Class

**Please** observe age requirements for kids classes

- Detailed class descriptions are available at the front desk.
- For safety reasons, only those 11 years and older are permitted in class (after having a gym orientation) unless attending a designated kid's class.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.



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# Group Fitness Class Descriptions

**\*20/20/20:** Cardio/Strength/Abs and Stretching. Bike/Strengths/Abs (Every 3rd Friday)

**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, Cycle 60, Cycle 45:** Intense cardio cycle workout.

**\*Gentle Yoga:** 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.

**\*HIIT:** High Intensity Interval Training, an athletic form of interval training using cardiovascular, plyometric, and strength exercise strategy alternating periods of intense anaerobic exercise with short recovery periods.

**Kids Classes:** Class for ages 3-5 (Pres-school) and 6-12 (Kindergarten and up). Develops flexibility, cardio fitness, muscle strength, and endurance. **ATHLETIC SHOES REQUIRED.**

**\*Kids Yoga:** Class for ages 3-5 (Pre-school) and 6-12 (Kindergarten and up). Class is specifically for kids. 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.

**Les Mills BODYCOMBAT:** A high energy non-contact martial arts inspired workout that is totally . Punch and kick your way into fitness!

**\*Les Mills BODYFLOW:** Yoga based class that embraces the elements of Tai Chi & Pilates to improve your mind, body, and life.

**Les Mills GRIT SERIES (Strength, Cardio, Athletic):** 30-minute High Intensity Interval Training (HIIT) workouts designed for ultimate results in minimum time. The highly-effective exercises are matched with powerful music and led by highly skilled and inspirational coaches who will motivate you to push harder to get you fit, fast.

**Les Mills BODYJAM:** A mixture of dance and aerobics blended with the latest sounds of hip hop, funk, and Latin American music. A fun cardio workout!

**\*Les Mills BODYPUMP:** barbell workout for anyone looking to lean, toned, and fit - fast. Using light to moderate weights with lots of repetition, this total body workout challenges all your major muscle groups. Instructors will coach great technique of scientifically proven moves matched to great music and motivation to help you achieve much more than on your own.

**Les Mills SH'BAM:** Insanely addictive group dance glass, featuring fun, simple yet sassy dance moves.

**\*LIT:** Low Impact Training; total body workout; strength training and cardio.

**Barre:** Focuses on strengthening the body with ballet based exercises, also incorporating arms and core.

**Active Adult Fitness:** 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:** Build strength, stamina, and flexibility, while moving through poses.

**Tabata Abs:** Tabata training consists of 4 minutes of 20 second intervals with 10 second rests. It will go through the circuit 3 or 4 times to tighten your core and slim the waistline.

**Total Body Conditioning:** focus on total body training through various cardio and weight circuits, tabata training, body weight exercises, and ab work. Modifications available. Typically focus on lower body on Tues, upper body on Thurs.

**\*Yoga:** De-stress and relax, build strength, flexibility, and toning using 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. Body sculpting movements with easy to follow dance steps.

**Parkinson Class:** Incorporates exercises that target improving specific deficits with emphasis on cardiovascular, strength, balance, and flexibility. These functions normally decline with age, but in people with Parkinson's, they decline at an accelerated rate. In addition, the exercises are enhanced by including cognition, voice and fun.

**Sizzle:** Moderate to low impact dance class! New routines each week and have fun burning calories!

**KickFit:** 60 mins of FUN! This class is designed for EVERYBODY! Intervals of easy-to-follow kickboxing moves...consists of 3 rounds and the Squat finale!

**STRONG:** High Intensity Training class using more traditional **fitness** moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle **definition**

**Les Mills RPM :** Cycling workout where you control the intensity. Its a fun, low impact cardio (and strength!) workout where the group spins as one as the instructor takes you on a journey with drills of hills, climbs, uphill runs, sprints, and flat roads.

**\*Les Mills CXWORX:** 30 minute core training class guaranteed to help you gain strength and stability in your core and help you prevent injuries in your other workouts.

**\*Foam Rolling:** Learn self-myofascial release techniques through the use of the **foam roller**. Using a **foam roller** as part of your training program will improve flexibility, function, performance, and reduce injuries.

**30/30 Step Tone:** 30 min cardio step class & 30 min strength tone.

**\* Please bring personal mat to class!**