Monday LesMills **D** BODYPUMP 5:15AM - 6:15AM **D** LESMILLS BODYFLOW 6:30AM - 7:30AM

CARDIO

8:15AM - 8:45AM

LesMills **BODYPUMP** 9:00AM - 10:00AM

Active Adult Fitness

10:15AM - 11:00AM

Active Adult Fitness 11:15AM - 12:00PM

LesMills **BODYPUMP** 

12:15PM - 12:45PM

Chair Yoga 1:00PM - 1:45PM

LesMills **BODYCOMBAT** 2:15PM - 3:15PM

LesMills **BODYFLOW** 

3:15PM - 4:15PM

LesMills CXWORX 4:45PM - 5:15PM

LesMills **BODYPUMP** 

5:30PM - 6:30PM

30/30 Step Tone 6:30PM - 7:30PM

LesMills **D** BODYPUMP

8:00PM - 9:00PM

Tuesday

LesMills **BODYCOMBAT** 5:15AM - 6:15AM

LesMills **BODYFLOW** 

6:30AM - 7:30AM

CARDIO

8:00AM - 8:30AM

LesMills **BODYCOMBAT** 

9:00AM - 10:00AM

LesMills CXWORX

10:00AM - 10:30AM

10:45AM - 11:15AM

GRIT CARDIO

12:15PM - 12:45PM

**Active Adult Fitness** 1:00PM - 1:45PM

Parkinson Class 2:00PM - 2:45PM

**BODYCOMBAT** 

3:15PM - 3:45PM

GRIT CARDIO

5:15PM - 5:45PM

LesMills **BODYPUMP** 

6:00PM - 6:45PM

LesMills **CXWORX** 

6:45PM - 7:15PM

LesMills **D** BODYCOMBAT

7:30PM - 8:30PM

Wednesday

LesMills **BODYPUMP** 

5:15AM - 6:15AM

LESMILLS **BODYFLOW** 

6:30AM - 7:30AM

LesMills CXWORX

8:15AM - 8:45AM

LesMills **BODYPUMP** 

9:00AM - 10:00AM

Active Adult Fitness 10:15AM - 11:00AM

**Active Adult Fitness** 

11:15AM - 12:00PM

LesMills **BODYPUMP** 

12:15PM - 12:45PM

LesMills **D** BODYCOMBAT

2:15PM - 3:15PM

LesMills

3:15PM - 3:45PM

HIT

4:15PM - 4:45PM

LesMills CXWORX

4:45PM - 5:15PM

LesMills **BODYPUMP** 

5:30PM - 6:30PM

**ZUMBA** 

6:30PM - 7:30PM

LesMills **D** BODYPUMP

8:00PM - 9:00PM

Thursday

LesMills **BODYCOMBAT** 5:15AM - 6:15AM

LesMills

6:30AM - 7:30AM

OGRIT | ATHLETIC

8:00AM - 8:30AM

LesMills **BODYCOMBAT** 

9:00AM - 10:00AM

LesMills **BODYPUMP** 10:00AM - 10:30AM

LesMills

10:30AM - 11:00AM

GRIT CARDIO

12:15PM - 12:45PM

**Active Adult Fitness** 1:00PM - 1:45PM

Parkinson Class

2:00PM - 2:45PM

LesMills **D BODYPUMP** 

3:30PM - 4:00PM

LesMills **BODYCOMBAT** 

4:15PM - 5:15PM

LesMills **BODYPUMP** 

5:30PM - 6:30PM

LesMills **CXWORX** 

6:30PM - 7:00PM

LesMills **D** BODYCOMBAT 7:45PM - 8:15PM

Saturday

LesMills **BODYPUMP** 

8:15AM - 9:15AM

LesMills **BODYCOMBAT** 9:30AM - 10:30AM

LesMills

Friday

LesMills

5:15AM - 6:00AM

7:00AM - 8:00AM

LesMills

**BODYPUMP** 

Active Adult Fitness

Active Adult Fitness

9:00AM - 10:00AM

10:15AM - 11:00AM

11:15AM - 12:00PM

Gentle Yoga

LesMills

3:45PM - 4:15PM

4:15PM - 5:15PM

7:15PM - 8:15PM

LesMills

BODYPUMP

BODYCOMBAT

LesMills

**BODYPUMP** 

12:15PM - 1:00PM

BODYPUMP

LesMills

**D BODYFLOW** 

**CXWORX** 10:30AM - 11:00AM

LesMills

**CXWORX** 

1:15PM - 1:45PM

LesMills **D** BODYCOMBAT

2:00PM - 3:00PM

LesMills **D** BODYPUMP

3:15PM - 4:15PM

LesMills **D** BODYFLOW

4:30PM - 5:30PM

OGRIT ATHLETIC 5:45PM - 6:15PM

Sunday

LesMills **D** BODYPUMP

11:30AM - 12:30PM

**D** LESMILLS **BODYCOMBAT** 

1:00PM - 2:00PM



2:30PM - 3:30PM

#### 30/30 Step Tone

30 min cardio step class & 30 min strength tone.

#### 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.

#### LESMILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial artsinspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

#### LESMILLS BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

#### LESMILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

#### 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.

### **CXWORX**

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

#### 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.

#### HIT

High Intensity Training; total body workout; strength training and cardio.

### GRIT CARDIO

LES MILLS GRIT™ Cardio is a 30 minute highintensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

#### 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.

# **D** LESMILLS BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

## **D** LESMILLS BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.



Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

YMCA -Mississippi Gulf Coast -Blossman

> Group Exercise Timetable