



Fitness

DEC 2024

is FUN!



View our daily **GROUP FITNESS SCHEDULE** on our mobile app or www.lititzrec.com

Scan and view our **Group Fitness Class** descriptions here ...



LIVE classes: Group Fitness in our Spacious Studios

Monday

5:30-6:30am Body Pump
 8:15-9:15am Bosu Circuit
 8:15-9:15am Body Combat
 9:15-9:45am Les Mills CORE
 9:20-10:20am Body Pump
 11:15-Noon Silver Cardio/Strength
 5:30-6:30am Body Pump
 6-6:45pm Spin
 6-7pm Vinyasa Yoga
 6:30-7:00pm GRIT Strength

Tuesday

5:30-6:15am Insanity
 5:30-6:00am GRIT Strength
 8:15-9:15am Body Pump
 8:15-9am Les Mills Tone
 8:15-9am Spin
 9-10am Body Balance
 9:30-10:30am Oula
 11:15am-NOON Silver Yoga
 6-7pm Body Pump
 6-7pm POUND

Wednesday

5:30-6:30am Body Pump
 5:45-6:30am Spin
 8:15-9am Silver Strong
 8:30-9:15am Pilates
 9:15-10:15am Body Pump
 9:30-10:00am Spin
 9:45-10:45am Gentle Yoga
 11:15-Noon Silver Cardio/Strength
 5:30-6:30pm Body Pump
 6-6:45pm Spin
 6-7pm Oula

Thursday

5:30-6:15am Insanity
 5:30-6:00am GRIT Strength
 8:15-9:15am Body Pump
 8:15-9am Spin
 8:15-9am Les Mills Tone
 9-10am Body Balance
 9:30-10:30 am Zumba
 6-7pm Body Pump

Friday

5:30-6:30am Body Pump
 8:15-9am Silver Strong
 8:15-9:15am Bosu Circuit
 9:15-10:15am Zumba
 9:20-10:20am Body Pump
 11:15am-Noon Silver Yoga

Saturday

8-8:45am Spin
 8:15-9:15am Body Combat
 8:15-8:45am GRIT
 9-10am Body Pump
 9:15-1:00am Hatha Yoga
 10-11am OULA

Sunday

10-10:45am Power Yoga



GROUP FITNESS is **Free** for MEMBERS



On the **BIG** screen in our **SPACIOUS** Fitness Studios

Monday

9:20-10:10 am RPM
 12:15-1:15pm Body Pump
 7:15-8:00pm The TRIP
 7:15-8:00pm Body Pump

Tuesday

6-6:30am Les Mills CORE
 8:15-9:15am Body Pump
 9:15-10am The TRIP **NEW!**
 10:15-10:45am GRIT Str.
 12:15-1:15pm Body Pump
 4L00-4:45pm Body Pump
 6:00-6:30am RPM

Wednesday

8:15-9:15am Body Combat
 9:15-9:45am Les Mills CORE
 12:15-1:15pm Body Pump
 4:00-4:45pm Body Pump
 7-7:45pm RPM

Thursday

6-6:30am Les Mills CORE
 9:15-10am RPM
 10:15-10:45am GRIT Strength
 12:15-1:15pm Body Pump
 4:00-4:45pm Body Combat
 6:00-6:45pm RPM

Friday

9-9:45am RPM
 5-5:30pm GRIT Strength
 5:30-6:15pm Body Balance

Saturday

9-9:45am The TRIP
 10:30-11:30am Body Pump

Sunday

9-10am Body Combat
 10-11am Body Pump
 4-5pm Body Pump
 5-6pm Body Balance

TRY AQUATIC FITNESS TOO!
Check out class times here!



LIVE & VIRTUAL GROUP FITNESS CLASSES

Hosted in our spacious Studios FREE for Members!



STRENGTH & CORE

Les Mills Body Pump A scientifically backed barbell workout using moderate weights and high reps to build strength and get you fit-fast. The encouragement, motivation, and great music you get in the class will leave you feeling energized, confident, and powerful, while getting you fitter faster.

Les Mills CORE An innovative workout to transform muscles of your torso, hips, and glutes into a powerhouse to support the rest of your body. Scientifically tested to improve your stability, elevate speed, and assist with injury prevention.

CARDIO & STRENGTH

BOSU Circuit BOSU blends fat burning cardio segments with muscle toning segments. The cardio segments are high & low intensity and non-stop flow to maximize calorie burn. The sculpt segments strengthen and tone your muscles.

Les Mills GRIT Strength Next generation High-Intensity (HIIT) training using barbells, plates, and bodyweight exercises to make you strong and unbelievably fit.

CARDIO

Les Mills Body Combat A non-contact mixed martial arts-inspired workout to fuel cardio fitness and condition your whole body. Define and strengthen your upper and lower body and increase overall speed and fitness. Feel empowered and in control as you punch out stress, kick down goals and build phenomenal core strength.

Les Mills Body Attack A high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging, and jumping with body weight strength exercises. Leave feeling stronger and attack every day with confidence.

Insanity Go all-out in this high-intensity cardio-based class and be pushed past your limits for a few minutes, before a short period of rest, then start again. This class will increase your fitness levels quickly and mixes max interval and strength training drills.

CYCLING

The TRIP Fully immersive cycling workout that will elevate your heart rate and sensory experience. With a cinema-scale screen and sound system, you'll be transported into the future of fitness through this multi-peak cycling workout, leaving you exhilarated, motivated, and ready for more.

Spin 45 minutes of interval, rolling hills, sprint, climbs and surge all music hand-picked to motivate and inspire. This workout will burn calories and increase endurance.

RPM A cardio peak-cycle workout using simulated hill climbs, sprints, and flat riding to improve aerobics fitness levels and muscle endurance. Find your rhythm in the music and hit an endorphin high. Control your own resistance levels and speed for a customized experience.

Les Mills SPRINT A 30-minute High-Intensity Interval Training (HIIT) workout to achieve fast results. It's a short, intense style of training where thrill and motivation come from pushing your physical and mental limits. The payoff? You smash your fitness goals, fast!

Spin & Core 45 minutes of interval, rolling through hills, sprint, climbs and surge. All music is hand-picked by the instructor to motivate everyone's journey followed by 15 minutes of core exercises to target your midsection and oblique muscles.

BODY & MIND

Les Mills Body Balance Ideal for anyone and everyone, this class is a new generation yoga workout that will improve your mind & body. You can expect to blend and stretch through a series of simple yoga moves, with elements of Tai-Chi and Pilates.

Gentle Yoga Floor stretching for major muscle groups

Power Yoga You will be guided through 53 poses designed to increase strength, flexibility, mental clarity, and endurance. Breathing is linked with each pose to bring awareness to the mind-body connection.

Vinyasa Yoga A class focuses on special movement, meditation, and self-inquiry. Adapted for any fitness level.

DANCE FITNESS

Zumba An energizing dance fitness class featuring Latin and International music. Dance your way through the workout, burn calories and meet new people.

OULA An adult dance-mania for the soulfulness of mind-body practice, with the carefree playfulness of living room dance party. Easy-to-follow moves combining fast & slow rhythms to tone & sculpt your body while dancing.

Les Mills Barre A classical ballet-inspired workout that combines graceful movements with modern music to shape postural muscles and build full body strength. Feel elegant, strong, and focused as you combine cardio and strength with high reps of small range-of-motion movements using lighter weights.

LOW IMPACT

Les Mills TONE It's the ultimate foundational class designed using functional movements and cutting-edge training styles. TONE is a 45-minute class to improve your flexibility, agility and balance through strength, cardio, and core to leave you feeling like you've taken your fitness to a whole new level.

POUND Instead of listening to music, you become the music in this exhilarating full-body cardio and conditioning training with yoga and Pilates-inspired movements. You will use weighted drumsticks engineered for exercising. POUND transforms drumming into an incredibly effective way of working out.

SILVER FITNESS - ACTIVE OLDER ADULTS

Silver Cardio & Strength A low impact class focuses on total body and core while incorporating agility, balance exercises and flexibility. This class can be done seated or standing using hands weights, resistance bands and balls.

Silver Yoga Focus on full body stretching, meditation and stress relief. Yoga standing poses are added for balance improvement. Option to perform movements while seated.

Silver Strong A 45-minute program to improve balance, agility, coordination, and strength using bars or dumbbells. The class will end with flexibility and core routine.

Silver Spin 30-minute bike ride kicking off with a warmup leading into a customized workout with the option to control tension and speed. This express spin class is great introduction to spinning!