

# January

Effective Jan 5<sup>th</sup>-31<sup>st</sup>

Group Fitness is **FREE** for members!  
No sign-ups needed

## MONDAY

- 5:30-6:30am Body Pump Heavy **NEW**
- 8:15-9:15am Bosu Circuit
- 8:15-9:15am Body Combat
- 9:20-9:50am CORE
- 9:20-10:20am Body Pump
- 9:20-10:10am **LES MILLS VIRTUAL** RPM
- 9:50-10:50am Zumba
- 11-11:30am **LES MILLS VIRTUAL** Grit Strength
- 11:15-12pm Silver Cardio/ Strength
- 12:15-1:15pm **LES MILLS VIRTUAL** Body Pump
- 5:30-6:30 pm Body Pump
- 6-6:45pm Spin
- 6-7pm Vinyasa Yoga
- 6:30-7pm GRIT Strength
- 7-7:45pm Pilates **NEW**
- 7:15-8pm **LES MILLS VIRTUAL** The TRIP

## TUESDAY

- 5:30-6am Grit Strength
- 5:30-6:15am HIIT happens
- 6-6:30am **LES MILLS VIRTUAL** CORE
- 6:30-7am **LES MILLS VIRTUAL** CORE
- 8:15-9:15am **LES MILLS VIRTUAL** Body Pump
- 8:15-9am Les Mills Tone
- 8:15-9am Spin
- 9-10am Body Balance
- 9:15-10am **LES MILLS VIRTUAL** The TRIP
- 9:30-10:30am OULA
- 11:15-12pm Silver Yoga
- 12:15-1:15pm **LES MILLS VIRTUAL** Body Pump
- 4-4:45pm **LES MILLS VIRTUAL** Body Pump
- 6-6:45pm **LES MILLS VIRTUAL** RPM
- 6-7pm POUND
- 6-7pm BOSU Circuit
- 7:15-8:15 **LES MILLS VIRTUAL** Body Pump

## THURSDAY

- 5:30-6:15am HIIT happens
- 5:30-6am Grit Strength
- 6-6:30am **LES MILLS VIRTUAL** CORE
- 8:15-9:15am Body Pump
- 8:15-9am Les Mills Tone
- 8:15-9am Spin
- 8:30-9:15am Tai chi
- 9-10am Body Balance
- 9:15-10am **LES MILLS VIRTUAL** RPM
- 12:15-1:15pm **LES MILLS VIRTUAL** Body Pump
- 6-7pm Body Pump
- 6-6:45pm **LES MILLS VIRTUAL** RPM

## SUNDAY

- 8:15-8:45am **LES MILLS VIRTUAL** GRIT Strength
- 9-9:45am Yin Yoga **NEW**
- 9-10am **LES MILLS VIRTUAL** Body Combat
- 10-11am **LES MILLS VIRTUAL** Body Pump
- 4-5pm **LES MILLS VIRTUAL** Body Pump
- 5-6pm **LES MILLS VIRTUAL** Body Balance

## WEDNESDAY

- 5:30-6:30am Body Pump
- 5:30-6:15am Spin
- 8:15-9am Silver Strong
- 8:15-9am **LES MILLS VIRTUAL** RPM
- 8:30-9:00am **LES MILLS VIRTUAL** Grit Strength
- 8:30-9:15 am Pilates
- 9:15-9:45am **LES MILLS VIRTUAL** CORE
- 9:20-10:20am Body Pump
- 9:30-10 am Spin
- 9:45-10:45am Gentle Yoga
- 11:15-12pm Silver Cardio/Strength
- 12:15-1:15pm **LES MILLS VIRTUAL** Body Pump
- 4-4:45pm **LES MILLS VIRTUAL** Body Pump
- 5:30-6pm Grit Strength
- 6-7pm Body Pump
- 6-7pm OULA
- 6-6:45pm Spin
- 7-7:45pm **LES MILLS VIRTUAL** RPM

## SATURDAY

- 8-8:45am Spin
- 8:15-9:15am **LES MILLS VIRTUAL** Body Combat
- 8:15-8:45am Grit Strength
- 9-10am Body Pump
- 9-9:45am **LES MILLS VIRTUAL** The Trip
- 9:15-10am Hatha Yoga
- 10-11am OULA
- 10:30-11:30am **LES MILLS VIRTUAL** Body Pump

\*Instructor-led classes may be subject to change due to weather, availability, etc. Please check the LRC Mobile App for announcements, cancellations, or schedule adjustments.

# LIVE & VIRTUAL GROUP FITNESS CLASSES

**Hosted in our spacious Studios FREE for Members!**



*Instructor-led classes may be subject to change due to weather, availability etc. Download our mobile app, Daxko for the most up to date class schedules and offerings each session.*

## 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.

**Les Mills Body Pump Heavy** is tempo-based weightlifting that draws on traditional lifting techniques. Each class challenges strength, builds lean muscle and focuses on slow tempo with longer periods of recovery.

**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** 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.

**HIIT Happens** 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.

## 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 bend and stretch through a series of simple yoga moves, with elements of Tai-Chi and Pilates.

**Gentle Yoga** Floor stretching for major muscle groups

**Hatha Yoga** This class is practiced at slower pace, with focus on the breath, controlled movements, and stretching. Bring your yoga mat.

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

**Yin Yoga** A slow-paced, meditative style of yoga that focuses on holding poses for extended periods. It primarily targets the connective tissues of the body, such as ligaments and fascia, rather than the muscles, allowing for deeper stretching and relaxation promoting both physical and mental well-being

## 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.

**OLA** 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.

## 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.