

# GROUP FITNESS - *Fitness is Fun at Litz redCenter!*

Many options in multiple locations - Fitness Center, Group Fitness Studios, Indoor Pools, Spin Studio and at recROC!  
Group fitness is FREE for MEMBERS! Nonmembers welcome with purchase of a Guest Day Pass

## CARDIO CLASSES

### Les Mills Tone

Tues 8:15 am  
Thurs 8:15 am

### Body Combat

Mon 8:15 am  
Wed 8:15 am  
Thurs 9:15 am  
7 pm  
Fri 9:15 am  
Sat 8 am

### Silver Sneaker Circuit Cardio

Wed 11:15 am

### Insanity

Tues 5:30 am  
Wed 6 pm  
Thurs 5:30 am

## STRENGTH CLASSES

### Body Pump

Mon 5:30 am  
9:15 am  
7 pm  
Tues 8:15 am  
6 pm  
Wed 9:15 am  
7 pm  
Thurs 8:15 am  
6 pm  
Fri 5:30 am  
9:15 am  
Sat 9 am  
Sun 1-2pm

### Senior Exercise

Wed 8 am  
Fri 8 am

### **new!** CXWORX

Mon 9:15 am  
Tues 9:15 am  
7 pm  
Wed 9:15 am  
Thurs 9:15 am  
6:30 pm  
Fri 10:15 am  
Sat 10 am

### BOSU Circuit

Mon 8:15 am  
Fri 8:15 am

### Silver Sneaker Classic Strength

Mon 9:30 am  
Thurs 11:15 am

### **new!** BOOM

Wed 10:15 am

## DANCE FITNESS

### Zumba

Tues 10:15 am  
Fri 10:15 am

### **new!** Zumba Gold

Mon 7 pm  
Tues 9 am  
7 pm  
Thurs 9 am  
Sat 10 am

## SPIN CLASSES

### Spin

Mon 5:45 am  
6 pm  
Tues 8:15 am  
6 pm  
Wed 5:45 am  
9:30 am  
6 pm  
Thurs 8:15 am  
6 pm  
Fri 5:45 am  
8 am  
Sat 8 am

### Senior Spin

Fri 8:15 am

## MIND & BODY

### Body Flow

Mon 9:15 am  
6 pm  
Tues 9:45 am  
Wed 9:15 am  
6 pm  
Thurs 9:45 am  
7 pm  
Sat 9 am  
Sun 3 pm

### Senior Yoga

Fri 11:15 am

### Silver Sneaker Yoga

Tues 11:15 am

**new!**  
*Yoga for  
All Coming  
in 2019*

## AQUATIC FITNESS

### Rockin' with Rita

Fri 7 am (3rd Fridays)

### High Intensity AQ

Mon 8:15 am  
Wed 8:15 am  
Fri 8:15 am

### H2O Burn and Build

Tues 8:15 am  
Wed 8:15 am

### Deeper Power

Mon 9:15 am  
5:15 pm  
Wed 6:15 am  
Fri 9:15 am

### Arthritis/Fibromyalgia

Tues 10:45 am  
Thurs 10:45 am

### Senior Water Exercise

Wed 10:45 am

### Water Walking

Mon 11 am  
Fri 11 am

### Walkercise

Tues 11:30 am  
Thurs 11:30 am

### Aqua Barre

Mon Noon  
Fri Noon

### Wet Workout

Fri 1 pm

### Joints in Motion

Mon 1 pm

### AquaStride HIIT

Wed 6 pm

### Aquacize

Tues 6:15 pm  
Thurs 6:15

## Les Mills VIRTUAL Classes on our BIG SCREEN!

### Virtual RPM

Mon 8:15-9 am  
7-7:45 pm  
Tues 9:15-10 am  
5:15-5:45 pm  
Wed 7:30-8:30 am  
10:30-11:15 am  
7-7:45 pm  
Thurs 9:15-10 am  
5:15-5:45 pm  
Fri 7:30-8:15 am  
10:15-10:45 am  
Sat 9-9:45 am  
Sun 9-10 am

### Virtual Body Combat

Mon Noon-12:30 pm  
Tues 11-Noon  
5:15-5:45 pm  
Thurs 11:30-Noon  
Sun Noon-12:45 pm

### Virtual CXWORX

Mon 12:30-1 pm  
4-4:30 pm  
\*AfterSchool Virtual  
Tues 6-6:30 am  
Thurs 6-6:30 am  
Fri 5:30-6 am

### Virtual Body Pump

Tues 5:30-6 am  
Noon-12:45 pm  
Wed 5:30-6:30 am  
2-3 pm  
Thurs 5:30-6 am  
Noon-12:45 pm  
Sat 10:30-11:30 am  
Sun 10-11 am  
4-5 pm

### Virtual Body Flow

Tues 5-5:45 am  
Noon-12:30 pm  
Wed Noon-12:30 pm  
Fri Noon-1 pm  
Sun 4-5 pm

### Virtual Sh'Bam

Fri 4:45-5:30 pm  
Sat 4:45-5:30 pm