



# May











# Fitness is FUN!






## Monday

- 5:30-6:30am Body Pump
- 8:15-9:15am Bosu Circuit
- 8:15-9:15am Body Combat
- 8:15-9:05am  **VIRTUAL** The Trip
- 9:15-9:45am Les Mills CORE
- 9:15-10am  **VIRTUAL** RPM
- 9:20-10:20am Body Pump
- 9:20-10:20 am Body Balance
- 11:15- 12pm Silver Cardio/ Strength
- 12:15-1:15pm  **VIRTUAL** Body Pump
- 3:30-4:15pm  **VIRTUAL** Born to Move
- 4:30-5:15pm  **VIRTUAL** Body Combat
- 5:30-6:30 pm Body Pump
- 6-6:45pm Spin
- 6-7pm Vinyasa Yoga
- 6:30-7pm GRIT Strength
- 7:15-8pm  **VIRTUAL** The TRIP
- 7:15-8pm  **VIRTUAL** Body Pump

## Tuesday

- 5:30-6:15am Insanity
- 5:30-6am  **VIRTUAL** Body Pump
- 6-6:30am  **VIRTUAL** CORE
- 8:15-9:15am Body Pump
- 8:15-9am Les Mills Tone
- 8:15-9am Spin
- 9-10am Body Balance
- 9:15-10am  **VIRTUAL** The TRIP
- 9:30-10:30am OULA
- 10:15-10:45am  **VIRTUAL** Grit Strength
- 11:15- 12pm Silver Yoga
- 12:15-1:15pm  **VIRTUAL** Body Pump
- 1:15-2:15pm  **VIRTUAL** Body Balance
- 4:4:45pm  **VIRTUAL** Body Pump
- 6-6:30pm Les Mills Sprint
- 6-7pm POUND
- 6-7pm Body Pump
- 7:05-8:05pm  **VIRTUAL** Body Balance






## Wednesday

- 5:30-6:30am Body Pump
- 5:45-6:30am Spin
- 8:15-9am Silver Strong
- 8:15-9:15am Body Combat
- 9:15-9:45am Les Mills CORE
- 9:15-10:15am Body Pump
- 9:30-10 am Spin
- 9:45-10:45am Gentle Yoga
- 11:15-12 pm Silver Cardio/Strength
- 12:15-1:15pm  **VIRTUAL** Body Pump
- 3:30-4:15pm  **VIRTUAL** Born to Move
- 4:30-5:15pm  **VIRTUAL** Body Combat
- 5:30-6:30pm Body Pump
- 6-6:45pm Spin
- 6-7pm OULA
- 6:30-7pm GRIT Strength
- 7-8pm Body Combat
- 7-7:45pm  **VIRTUAL** RPM
- 7:15-8pm  **VIRTUAL** Body Pump

## Thursday




- 5:30-6:15am Insanity
- 5:30-6am  **VIRTUAL** Grit Strength
- 6-6:30am  **VIRTUAL** CORE
- 8:15-9:15am Body Pump
- 8:15-9am Spin
- 8:15-9am Les Mills Tone
- 9-10am Body Balance
- 9:15- 10am  **VIRTUAL** RPM
- 9:30-10:30am Zumba
- 12:15-1:15pm  **VIRTUAL** Body Pump
- 4-4:45pm  **VIRTUAL** Body Combat
- 6-7pm Body Pump
- 6-6:30pm RPM

## Friday






- 5:30-6:30am Body Pump
- 8:15-9am Silver Strong
- 8:15-9:15am Bosu Circuit
- 9-9:45  **VIRTUAL** RPM
- 9:15-9:45am  **VIRTUAL** Barre
- 9:20-10:20am Body Pump
- 9:30-10:30am Zumba
- 10:30-11:15  **VIRTUAL** Body Combat
- 11:15-12pm Silver Yoga
- 5-5:30pm  **VIRTUAL** Grit Strength
- 5:30-6:15pm  **VIRTUAL** Body Balance



## Saturday

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

## Sunday

- 8:15-8:45am  **VIRTUAL** Grit Strength
- 9-10am  **VIRTUAL** Body Combat
- 10-10:45am Power Yoga
- 10-11am  **VIRTUAL** Body Pump
- 4-5pm  **VIRTUAL** Body Pump
- 5-6pm  **VIRTUAL** Body Balance



means the class is virtually presented on the big screens in our fitness studios

Try Aquatic Fitness too!



Group Fitness is FREE to our members! No sign ups needed

# 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** 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.

**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!

**Balance Your RPMs** This class combines both RPM and Body Balance into one amazing class. The first half hour is a cycle ride featuring speed, hills, and jumps. The second half focuses on flexibility and stretching to recover and feel grounded.

## 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.

**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. 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.