# November

*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.

## MONDAY

5:30-6:30am Body Pump Heavy
8:15-9:15am Bosu Circuit
8:15:9:15am LesMills VIRTUAL Body Combat
9:15-9:45am CORE
9:20-10:20am Body Pump
9:20-10:10am LesMills VIRTUAL RPM
9:50-10:50am Zumba
11-11:30am LesMills VIRTUAL Grit Strength
11:15-12pm Silver Cardio/ Strength
12:15-1:15pm LesMills 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
7-8pm OULA
7:15-8pm LesMills VIRTUAL The TRIP

## TUESDAY

5:30-6am Grit Strength
5:30-6:15am HIIT happens
6-6:30am LesMills VIRTUAL CORE
8:15-9:15am LesMills VIRTUAL 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 LesMills VIRTUAL The TRIP
9:30-10:30am OULA
NEW 10:40-11:35am LesMills VIRTUAL Pilates
11:15-12pm Silver Yoga
12:15-1:15pm LesMills VIRTUAL Body Pump
4-4:45pm LesMills VIRTUAL Body Pump
6-6:45pm LesMills VIRTUAL RPM
6-7pm POUND
6-7pm LesMills VIRTUAL Body Pump
NEW 6-7pm BOSU Circuit
7:10-7:55 LesMills VIRTUAL Pilates
7:15-8:15 LesMills VIRTUAL Body Pump

## WEDNESDAY

5:30-6:15am Body Pump
5:30-6:15am Spin
8:15-9am Silver Strong
8:15-9am LesMills VIRTUAL RPM
8:25-9:10 am Pilates
9:15-9:45am LesMills VIRTUAL CORE
9:20-10:20am Body Pump
9:30-10 am Spin
NEW 9:45-10:35am LesMills VIRTUAL Yoga Breath
11:15-12pm Silver Cardio/Strength
12:15-1:15pm LesMills VIRTUAL Body Pump
4-4:45pm LesMills VIRTUAL Body Pump
4:45-5:30pm LesMills VIRTUAL Pilates NEW
6-7pm LesMills VIRTUAL Body Pump S3
6-7pm OULA
6-6:45pm Spin
7-7:45pm LesMills VIRTUAL RPM
7-7:45pm Pilates

## THURSDAY

5:30-6:15am HIIT happens
5:30-6am Grit Strength
6-6:30am LesMills 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 LesMills VIRTUAL RPM
9:25-10:10am LesMills VIRTUAL Pilates NEW
12:15-1:15pm LesMills VIRTUAL Body Pump
6-7pm Body Pump
6-6:45pm LesMills VIRTUAL RPM

## FRIDAY

5:30-6:30am Body Pump Heavy
8:15:9:15am Bosu Circuit
8:15-9am Silver Strong
9-9:45 LesMills VIRTUAL RPM
9:20-10:20am Body Pump Heavy
9:30-10:15am Pilates
10:20-11:20am Zumba S4
11:15-12pm Silver Yoga
4-5pm LesMills VIRTUAL Body Pump
5-5:30pm LesMills VIRTUAL Grit Strength
5:30-6:15pm LesMills VIRTUAL Body Balance

## SATURDAY

8-8:45am Spin
8:15-9am LesMills VIRTUAL Pilates NEW
8:15-8:45am LesMills VIRTUAL Grit Strength
9-10am Body Pump
9-9:45am Les Mills Tone
9-9:45a LesMills VIRTUAL The Trip
9:15-10am Hatha Yoga
10-11am OULA
10:30-11:30am LesMills VIRTUAL Body Pump

## SUNDAY

8:15-8:45am LesMills VIRTUAL GRIT Strength
9-9:45am LesMills VIRTUAL Pilates NEW
10-11am LesMills VIRTUAL Body Pump
4-5pm LesMills VIRTUAL Body Pump
5-6pm LesMills VIRTUAL Body Balance



# LIVE & VIRTUAL GROUP FITNESS CLASSES

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

lititz recCenter

## STRENGTH & CORE

**Les Mills Body Pump** A barbell workout using moderate weights and high reps to build strength. 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 Body Pump Heavy** A tempo-based, heavy-lifting program that blends traditional weightlifting techniques with group energy, music, and expert coaching to build lean muscle, improve strength, and boost performance

**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.

**Pilates** This class covers the 18 beginner level mat exercises, focusing on the fundamentals of the core, form, and breath work. It is a true mind/body connection that will both challenge and motivate you towards better posture and full-body conditioning.

## 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.

## 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** A choreographed, high-intensity cardio dance fitness class to an energetic pop playlist. Oula empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

## 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!

**RPM & Body Balance** 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.

**Les Mills Pilates** A low impact mind-body workout that blends traditional Pilates with modern music, science-backed movement, and guided breathwork to build core strength, mobility, posture, and body awareness. Uses slow, controlled mat-based exercises targeting the abs, glutes, back, and hips, and is suitable for all fitness levels.

**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.

**Tai Chi** Gentle flowing movements that enhance physical and mental wellbeing while promoting mindfulness & relaxation. A chair can be used if needed.

**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.

## 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** A high- intensity interval training class that combines cardio, strength training and core exercises for a challenging yet inclusive workout experience. Participants will enjoy dynmaic movements that improve mobility while burning significant calories, with the added benefit of after burn effect.

## 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.