



GROUP EXERCISE

SUMMER 2017

For safety please arrive ON TIME, for the warm-up and so instructors can teach uninterrupted.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM	LES MILLS BodyCombat (60 min)		LES MILLS BodyPump (30 min)		LES MILLS BodyPump (60 min)			
6:30 AM						LES MILLS BodyCombat (60 min)		
9:00 AM			Yoga (60 min)		Yoga (60 min)	Step Challenge (60 min)		
9:05 AM	LES MILLS BodyPump (55 min)							
9:15 AM				Hard-Core (30 min)				
9:30 AM		Hard-Core (45 min)						
10:00 AM	AQUA Aerobics 1 (45 min)				AQUA Aerobics 1 (45 min)		Yoga (60 min)	
10:15 AM	TNT (HIIT) (60 min)		Step Challenge (60 min)		Muscles 'n Motion (60 min)	Pilates (60 min)		
10:30 AM		ZUMBA (60 min)		ZUMBA (60 min)				
11:00 AM	AQUA Aerobics 2 (45 min)				AQUA Aerobics (45 min)			
12:00 PM			AQUA Aerobics (45 min)			ZUMBA (60 min)	ZUMBA (60 min)	
4:45 PM	Kickboxing (45 min)					<p>CLUB HOURS</p> <p>Monday-Thursday: 5:00am - 10:00pm</p> <p>Friday: 5:00am - 9:00pm</p> <p>Saturday: 6:00am - 6:00pm</p> <p>Sunday: 6:00am - 5:00pm</p> <p>KIDS CLUB:</p> <p>Mon, Wed, Fri, Sat 9am - 11:30am</p> <p>Mon, Wed, Fri: 5:30pm - 7:30pm</p> <p>THE BEST MIX OF GROUP CLASSES IN THE AREA! ... and now LES MILLS</p> <p>Virtual Classes on the newly installed big screen! Same great live classes plus added options with <i>LesMills</i> Virtual!</p>		
5:00 PM			LES MILLS BodyPump (30 min)					
5:30 PM		ZUMBA (60 min)		TNT (HIIT) (60 min)	Muscles 'n Motion (60 min)			
5:45 PM			Hard-Core (45 min)					
6:00 PM	AQUA Aerobics Plus (60 min)		AQUA Aerobics Plus (60 min)					
	ZUMBA 1 (45 min)							
6:30 PM			Kickboxing (60 min)					
6:45 PM		Power Pilates (60 min)		Yoga (60 min)				
7:15 PM	ZUMBA 2 (45 min)	<p>Check out - SMALL GROUP TRAINING CLASSES</p> <p>TAKE YOUR TRAINING TO THE NEXT LEVEL!</p> <p>Convenient Times Limited Size Reasonable Rates</p>						