



GROUP EXERCISE

FALL 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 BodyPump (60 min)		LES MILLS BodyPump (60 min)		LES MILLS BodyPump (60 min)		
6:30 AM						LES MILLS CX Workout (30 min)	
9:00 AM	LES MILLS CX Workout (30 min)		Yoga (60 min)		Yoga (60 min)	Step Aerobics (60 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 Aerobics (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)
12:15 PM	LES MILLS CX Worx (30 min)	LES MILLS BodyPump (30 min)	LES MILLS BodyBalance (30 min)	LES MILLS BodyPump (30 min)	LES MILLS BodyCombat (30 min)		
5:00 PM	Kickboxing (45 min)		LES MILLS BodyPump (30 min)			CLUB HOURS Monday-Thursday: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 6:00pm Sunday: 6:00am - 5:00pm KIDS CLUB: Mon, Wed, Fri, Sat 9am - 11:30am Mon, Wed, Fri: 5:30pm - 7:30pm THE BEST MIX OF GROUP CLASSES IN THE AREA! ... and now LES MILLS Virtual Classes on the newly installed big screen! Same great live classes plus added options with <i>LesMills</i> Virtual!	
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)	Coming Soon STRONG by ZUMBA TBA	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)	Check out - SMALL GROUP TRAINING CLASSES TAKE YOUR TRAINING TO THE NEXT LEVEL! Convenient Times Limited Size Reasonable Rates					