



# GROUP EXERCISE

WINTER 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LES MILLS BodyPump<sup>-60</sup></b> 5:30 - 6:30a		<b>LES MILLS BodyPump<sup>-60</sup></b> 5:30 - 6:30a		<b>LES MILLS BodyPump<sup>-60</sup></b> 5:30 - 6:30a	<b>LES MILLS BodyPump<sup>-30</sup></b> 6:15 - 6:45a	
<b>LES MILLS CX Worx<sup>-30</sup></b> 9:15-9:45a	<b>Hard-Core<sup>-45</sup></b> 9:30 - 10:15a		<b>Hard-Core<sup>-30</sup></b> 9:15 - 9:45a	<b>Yoga<sup>-60</sup></b> 9:00 - 10:00a	<b>Step &amp; Sculpt<sup>-60</sup></b> 9:00 - 10:00a	
<b>TNT (HIIT)<sup>-60</sup></b> 10:15-11:15a	<b>ZUMBA<sup>-60</sup></b> 10:30-11:30a	<b>Yoga<sup>-60</sup></b> 9:00 - 10:00a	<b>ZUMBA<sup>-60</sup></b> 10:30-11:30a	<b>Muscles 'n Motion<sup>-60</sup></b> 10:15 - 11:15a	<b>STOTT Pilates<sup>-60</sup></b> 10:15-11:15a	<b>Yoga<sup>-60</sup></b> 10:00 - 11:00
<b>AQUA Aerobics<sup>-45</sup></b> 10:00-10:45a		<b>Step &amp; Sculpt<sup>-60</sup></b> 10:15 - 11:15a		<b>AQUA Aerobics<sup>-45</sup></b> 10:00-10:45a		
<b>AQUA Aerobics<sup>-45</sup></b> 11:00-11:45a		<b>AQUA Aerobics<sup>-45</sup></b> 12:00-12:45a		<b>AQUA Aerobics<sup>-45</sup></b> 11:00-11:45a	<b>ZUMBA<sup>-60</sup></b> 12:00-1:00p	<b>ZUMBA<sup>-60</sup></b> 12:00-1:00p
<b>LES MILLS CX Worx<sup>-30</sup></b> 12:15-12:45p	<b>LES MILLS BodyPump<sup>-30</sup></b> 12:15-12:45p	<b>LES MILLS BodyBalance<sup>-30</sup></b> 12:15-12:45p	<b>LES MILLS BodyPump<sup>-30</sup></b> 12:15-12:45p	<b>LES MILLS BodyCombat<sup>-30</sup></b> 12:15-12:45p		
<b>KickMax<sup>-45</sup></b> 5:00-5:45p	<b>ZUMBA<sup>-60</sup></b> 5:30-6:30p	<b>LES MILLS BodyPump<sup>-30</sup></b> 5:00-5:30p	<b>STRONG by ZUMBA<sup>-60</sup></b> 5:30-6:30p	<b>TNT (HIIT)<sup>-60</sup></b> 5:30-6:30a	<p><b>CLUB HOURS</b>  <b>Monday-Thursday:</b> 5:00am - 10:00pm  <b>Friday:</b> 5:00am - 9:00pm  <b>Saturday:</b> 6:00am - 6:00pm  <b>Sunday:</b> 6:00am - 5:00pm</p> <p><b>KIDS CLUB:</b>            Mon, Wed, Fri, Sat 9am - 11:30am            Mon, Wed, Fri: 5:30pm - 7:30pm</p> <p>THE BEST MIX OF GROUP CLASSES IN THE AREA!            ... and now <b>LES MILLS</b></p> <p>Virtual Classes on the newly installed big screen! Same great live classes plus added options with <i>LesMills</i> Virtual!</p>	
<b>AQUA Aerobics<sup>-60</sup></b> 6:00-7:00p	<b>STOTT Pilates<sup>-60</sup></b> 6:45-7:45p	<b>Hard-Core<sup>-30</sup></b> 5:45-6:15p	<b>Yoga<sup>-60</sup></b> 6:45- 7:45p			
<b>ZUMBA<sup>-45</sup></b> 6:00-6:45p		<b>AQUA Aerobics<sup>-60</sup></b> 6:00-7:00p				
<b>STRONG by ZUMBA<sup>-60</sup></b> 7:00-8:00p		<b>KickMax<sup>-60</sup></b> 6:30-7:30p				

**Check out - SMALL GROUP TRAINING CLASSES  
 TAKE YOUR TRAINING TO THE NEXT LEVEL!  
 Convenient Times Limited Size Reasonable Rates**