



GROUP EXERCISE

2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BodyPump ⁻⁶⁰ 5:30 - 6:30a		LES MILLS GRIT ⁻³⁰ 5:30 - 6:00a CX Worx ⁻³⁰ 6:00 - 6:30a		LES MILLS BodyPump ⁻⁶⁰ 5:30 - 6:30a	LES MILLS BodyPump ⁻³⁰ 6:15 - 6:45a	
	Hard-Core ⁻⁴⁵ 9:30 - 10:15a	Yoga ⁻⁶⁰ 9:00 - 10:00a	Hard-Core ⁻⁴⁵ 9:30 - 10:15a	Yoga ⁻⁶⁰ 9:00 - 10:00a	Step & Sculpt ⁻⁶⁰ 9:00 - 10:00a	
Muscles 'n Motion ⁻⁶⁰ 9:30 - 10:30a	ZUMBA ⁻⁶⁰ 10:30-11:30a		ZUMBA ⁻⁶⁰ 10:30-11:30a	Muscles 'n Motion ⁻⁶⁰ 10:15 - 11:15a	STOTT Pilates ⁻⁶⁰ 10:15-11:15a	Yoga ⁻⁶⁰ 10:00 - 11:00a
AQUA Aerobics ⁻⁴⁵ 10:00-10:45a		Step & Sculpt ⁻⁶⁰ 10:15 - 11:15a		AQUA Aerobics ⁻⁴⁵ 10:00-10:45a		
AQUA Aerobics ⁻⁴⁵ 11:00-11:45a		AQUA Aerobics ⁻⁴⁵ 12:00-12:45a		AQUA Aerobics ⁻⁴⁵ 11:00-11:45a	ZUMBA ⁻⁶⁰ 12:00-1:00p	ZUMBA ⁻⁶⁰ 12:00-1:00p
LES MILLS CX Worx ⁻³⁰ 12:15-12:45p	LES MILLS BodyPump ⁻³⁰ 12:15-12:45p	LES MILLS BodyBalance ⁻³⁰ 12:15-12:45p	LES MILLS BodyPump ⁻³⁰ 12:15-12:45p	LES MILLS BodyCombat ⁻³⁰ 12:15-12:45p		
KickMax ⁻⁴⁵ 5:00-5:45p	ZUMBA ⁻⁶⁰ 5:30-6:30p	LES MILLS Instructor'sChoice 5:00-5:30p	STRONG by ZUMBA ⁻⁶⁰ 5:30-6:30p	TNT (HIIT) ⁻⁶⁰ 5:30-6:30p	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 *(September - May) 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 Virtual</i> !	
AQUA Aerobics ⁻⁶⁰ 6:00-7:00p	STOTT Pilates ⁻⁶⁰ 6:45-7:45p	Hard-Core ⁻³⁰ 5:45-6:15p	Yoga ⁻⁶⁰ 6:45- 7:45p			
ZUMBA ⁻⁴⁵ 6:00-6:45p		AQUA Aerobics ⁻⁶⁰ 6:00-7:00p				
STRONG by ZUMBA ⁻⁶⁰ 7:00-8:00p		KickMax ⁻⁶⁰ 6:30-7:30p				

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TAKE YOUR TRAINING TO THE NEXT LEVEL!
Convenient Times Limited Size Reasonable Rates**

Virtual Classes on the newly installed big screen! Same great live classes plus added options with *LesMills Virtual*!