



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
LesMills BodyPump⁻⁶⁰ 5:30 - 6:30a		LesMills BodyPump⁻³⁰ 5:30 - 6:00a CX Worx⁻³⁰ 6:00 - 6:30a		LesMills BodyPump⁻⁶⁰ 5:30 - 6:30a	LesMills 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
LesMills CX Worx⁻³⁰ 12:15-12:45p	LesMills BodyPump⁻³⁰ 12:15-12:45p	LesMills BodyBalance⁻³⁰ 12:15-12:45p	LesMills BodyPump⁻³⁰ 12:15-12:45p	LesMills BodyCombat⁻³⁰ 12:15-12:45p		
KickMax⁻⁴⁵ 5:15-6:00p	ZUMBA⁻⁶⁰ 5:30-6:30p	LesMills Instructor's Choice 5:00-5:30p Learn LesMills with Staff!	STRONG by ZUMBA⁻⁶⁰ 5:30-6:30p	HIIT⁻⁶⁰ Strength 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: 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!	
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 6:15-7:00p		AQUA Aerobics⁻⁶⁰ 6:00-7:00p				
STRONG by ZUMBA⁻³⁰ PLUS 7:15-8:00p		KickMax⁻⁶⁰ 6:30-7:30p				

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