

March 2020

RAINED OUT: Text YFITNESS to 84483 to receive alerts for class changes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cycling (Donna)	Step (Robin) 1st, 3rd and 5th Tuesday GRIT™ Cardio (Jada) 2nd and 4th Tuesday	Cycling (Brittany)	GRIT™ Cardio/Athletic (Cristal) 30 min HIIT class	Cycling 45 min Donna/Brittany small basketball court	
	BODYPUMP™ (Michele)	Cycling (Michele)	Cardio Fusion & Abs (Donna)	BODYFLOW™ (Jada)	BODYPUMP™ (Jada)	
8:00am	PiYo Live (Cynthia)	BODYFLOW™ (Karina)	Total Body Conditioning (Allison)	BODYPUMP™ EXPRESS & CYCLE EXPRESS (Cynthia)	BODYCOMBAT™ (Jackie) *KF	Cycling (Variety) GRIT *not offered each Sat. Check Saturday Lineup
	Zumba® (Jin) *KF	BODYPUMP™ (Cynthia)	Zumba (Ellen) *KF	BODYPUMP™ (Michele)	Zumba® (Mae) *KF	*Dealers Choice (Variety)
Cycling (Cynthia)	Cycling (Audrey)	Cycling (Janie)	Cycling (Cynthia)			
Cardio/Muscle/Mind (Ester) small basketball court		Latin Beat Workout (Laura) small BBall Court	Cardio/Muscle/Mind (Laura) Small basketball court			
10:00am	CXWORX™ 30 min (Jada)	PiYo Live (Allison)	Yoga 10:00am (Ester)	BODYFLOW™ (Allison)	Yoga 10:00am (Ali)	Yoga (Variety) Activities or Group Ex
10:15am	Yin Yoga (Marilyn) Activities Room					
11:15am		Strength & Balance (Sally)		Strength & Balance (Sally)		
12:00pm	BODYPUMP™ (Julie)		BODYPUMP™ Express 30 min (Jennifer)		BODYPUMP™ (Julie/Jamilia)	
12:15-12:45pm		Y-30 (Jenn)		Y-30 (Jenn)		
12:30pm			CXWORX (Julie) 30 min			
4:30pm		BODYFLOW™ (Karin)	BODYPUMP™ (Cynthia/Jennifer)	Zumba® (Lindsay) *KF		
5:30pm	BODYCOMBAT™ (Jen) *KF	BODYPUMP™ (Jen)	Zumba (Mae) *KF	BODYPUMP™ (Jamilia/Julie)	BODYCOMBAT™ (Karin) *KF	
	Cycling (Jamilia/Gina)	Cycling (Jamila/Gina)	Cycling (Jamilia)	Cycling (Cynthia)		
6:30pm	Zumba® (Lindsay) *KF	GRIT™ (Cristal) 30 min HIIT class	BODYCOMBAT™ (Kristi) *KF	BODYFLOW™ (Teresa, Julie, Jen, Michelle) 55 min		*KF= Kid Friendly (At discretion of instructor-children under 12 must have a parent present)
	Yoga (Marilyn) Activities Room		Yoga (Tracy) Activities Room			
7:00pm		CXWORX™ (Kristi) 30 min				

Fitness Class Descriptions

Stretch/Recovery Classes

Yoga: Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

Yin Yoga: Relax and restore deeply in Yin yoga. Yin is a powerful practice for healing connective tissue in the body, promoting flexibility, releasing tension & healing the nervous system. Find joy in yin practice that involves accessing deeper layers of fascia which is the key to greater harmony.

Cycling

Cycling Program: The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid bicyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

Strength & Cycle: Cycling combined with strength training for a complete exhilarating workout.

Cardio/Strength Specialty Classes

BODYCOMBAT™: is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. *Express Format: 30 min

BODYPUMP™: is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. *Express Format: 30 minutes- Warm up, Squats, Chest, & Back.

CXWORX™: Challenging core workout for all fitness levels. Workout includes resistance bands, weight plates, and body weight exercises. 30 min

GRIT™: LES MILLS GRIT™ Series features 4 unique workouts (Strength, Cardio, Plyo & Athletic) featuring High Intensity Interval Training designed for ultimate results in minimum time. 30 Minute Class. Not a beginner class.

BODYFLOW™: LES MILLS BODYFLOW is a motivating blend of new yoga that features elements of tai chi and Pilates. It is designed to build strength, improve flexibility and leave you feeling calm and serene.

PiYo Live: Musically driven, full-body high-intensity, low-impact workout using the stretch and strength influences of pilates and yoga. Modifications offered.

Step: High intensity, low impact movements performed on a step platform for aerobic conditioning.

Cardio Fusion & Abs: Working with weights, tabatas, and core work. Appropriate for all fitness levels; modifications shown.

Strong by Zumba: A high intensity interval training (HIIT) workout using more traditional fitness moves for a more athletic conditioning style workout! Using your own body weight, you will gain muscular endurance, tone and experience an increased after burn.

Total Body Conditioning: This class incorporates strength & Cardio segments using equipment such as dumbbells, resistance bands, Swiss ball, a mat, and your own body weight for a total body workout.

Y-30: 30 minute full-body workout with various exercises using weights, bodyweight, balls, and bands. Appropriate for all fitness levels; modifications shown.

Zumba: Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

Beginner/Active Older Adult Classes

Cardio/Muscle/Mind: The movements and choreography are simple but the intensity will be low to moderate. It includes cardio, strength, abs, balance, and stretching. This class is perfect for all ages and fitness levels.

Latin Beat Workout: A fun upbeat workout with a Latin flair for all ages and fitness levels.

Strength & Balance: Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

Kid Friendly Classes

***KF= Kids Friendly:** all workouts labeled KF welcome children ages 8-11 to workout with their parent/guardian with respect to the other members and the etiquette of classes. Youth Certified children (12-17) may attend all classes without a guardian. (Must wear wristband indicating YC or not)