

Fitness Classes - January 2016 – Cycle & Barre Center Location

www.woodlakesrc.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8:15 Cycle/Core-JW					1 HAPPY NEW YEAR'S!	2 8:15 Cycle/Core-GF 9:30 Booty Barre Plus – ML 12:00pm- Polar Bear Plunge!
3 8:15 Cycle/Core-GF	4 5:30am RPM-JW 9:15 BYOB – JR 10:00 Booty Barre Plus Express - JR 6:00 Cycle Core – GF 7:15 TRX RIP - AN	5 5:30 Booty Barre Plus – AL 9:15 Booty Barre Plus-JR 10:30 Piloxing-JR 6:00 RPM 45-DL	6 5:30 Cycle Boot Camp – CL 9:00 Therapeutic Yoga- Chris 10:15 Barre Fusion - JR 6:00 Piloxing Barre-DL 7:00 Rhythm Cycle-HM	7 5:30 Cycle 45- CL 7:15 Yoga Strength-AE 9:30 Knockout-JL 10:30 Booty Barre Flex and Flow -JR 6:45 FTP- JW	8 5:30 Knockout-DL 8:45 RPM-LN 9:45 Body Flow 45- LN 6:15 Knockout-JL	9 8:15am Cycle/Core-JW 9:30 Booty Barre Plus-AL
10 8:15 RPM-JW	11 5:30am RPM-JW 9:15 B.Y.O.B -JR 10:00 Booty Barre Plus Express - JR 6:00 Cycle/Core-AN 7:15 TRX RIP-ML	12 5:30 Booty Barre Plus-AL 9:15 Booty Barre Plus-ML 10:30 Piloxing-JR 6:00 RPM 45-DL	13 5:30 Cycle BootCamp – CL 9:00 Therapeutic Yoga-NT 10:15 Barre Fusion-HM 6:00 Piloxing Barre-DL 7:00 Rhythm Cycle-HM	14 5:30 Cycle 45-CL 7:15 Yoga Strength-AE 9:30 TRX RIP-ML 10:30 Booty Barre Flex and Flow-JR 6:45 FTP-JW	15 5:30 Knockout-DL 8:45 RPM-LN 9:45 Body Flow 45-LN 6:15 Knockout-JL	16 8:15 Cycle/Core-GF 9:30 Booty Barre Plus - ML
17 8:15 Cycle/Core-GF	18 5:30 RPM-JW 9:15 B.Y.O.B. -JR 10:00 Booty Barre Plus Express-JR 6:00 Cycle/Core-GF 7:15 TRX RIP-ML	19 5:30 Booty Barre Plus – AL 9:15 Booty Barre Plus-ML 10:30 Piloxing-JR 6:00 RPM 45 -DL	20 5:30 Cycle Boot Camp-CL 9:00 Therapeutic Yoga- Chris 10:15 Barre Fusion-JR 6:00 Piloxing Barre-DL 7:00 Rhythm Cycle - HM	21 5:30 Cycle 45-CL 7:15 Yoga Strength-AE 9:30 TRX RIP-ML 10:30 Booty Barre Flex and Flow-JR 6:45 FTP-JW	22 5:30 Knockout-DL 8:45 RPM-LN 9:45 Body Flow 45-LN 6:15 Knockout-JL	23 8:15 Cycle/Core-GF 9:30 Booty Barre Plus-AL
24 8:15 RPM-JW	25 5:30 RPM-JW 9:15 B.Y.O.B. -JR 10:00 Booty Barre Plus Express-JR 6:00 Cycle/Core-GF 7:15 TRX RIP-ML	26 5:30 Booty Barre Plus-AL 9:15 Booty Barre Plus-ML 10:30 Piloxing-JR 6:00 RPM 45-DL	27 5:30 Cycle Boot Camp – CL 9:00 Therapeutic Yoga-NT 10:15 Barre Fusion - HM 6:00 Piloxing Barre-DL 7:00 Rhythm Cycle - HM	28 5:30 Cycle 45-CL 7:15 Yoga Strength-AE 9:30 TRX RIP-ML 10:30 Booty Barre Flex and Flow-JR 6:45 FTP-JW	29 5:30 Knockout-DL 8:45 RPM-LN 9:45 Body Flow 45-LN 6:15 Knockout-JL	30 8:15 Cycle/Core-GF 9:30 Booty Barre Plus-JR

KEY: GREEN- CYCLE CLASSES

Highlighted- BOOMER CLASSES

BLACK-LAND CLASSES

BLUE-MIND/BODY CLASSES

Class Descriptions

Cycle 45: A 45 minute class that uses various tensions and positions to simulate an outside ride. **All levels**

Cycle Bootcamp: A 60 minute circuit class including intervals on and off the bike. **Intermediate-Advanced**

Cycle Core: A 45 minute ride followed by core strengthening classes. This will work you from head to toe! **All levels**

FTP (Functional Threshold Power): This class is designed to fatigue your body and to increase your aerobic and anaerobic levels by training the body to use the appropriate mix of fuel and increase endurance. **Intermediate-Advanced**

Rhythm Cycle: This class is a 45 minute ride in the dark. It is a cardio and strength cycle class providing an all over body workout to high energy music. **All levels**

RPM: A 60 minute class of high intensity interval training set to music that will get your pulse racing. Burn up to 620 calories in this Les Mills cycle class. **All levels**

Barre Fusion: this is a 45 minute cardio barre workout focused on pace and repetition at the ballet barre. **All levels**

Body Flow: The Les Mills format combining Yoga/Pilates/Tai Chi to build flexibility and strength. This class will leave you feeling centered and calm. **All levels**

Booty Barre Plus: this low impact class fuses dance, Pilates and yoga that will tone, define and chisel the entire body. This class is the perfect combination of strength, flexibility with two cardio intervals. **All levels**

Booty Barre Flex and Flow: this low impact class fuses dance, Pilates and yoga that will tone, define and chisel the entire body. This class is the perfect combination of strength and flexibility. There are no cardio intervals. **All levels**

BYOB (Bring Your Own Bones): a strength training class for Boomers utilizing different equipment and focusing on balance. 45 minutes in length including a 10 minute warm up and 15 minute cool down with core work. **Boomer Class**

Knockout: this class is the ultimate test of athleticism that will take your fitness to the next level. It is a high intensity, plyometric, functional core-centric program. It consists of 6 rounds, consisting of a 3 minute Base and a 2 minute drill.

Intermediate-Advanced

Piloxing: this class blends Pilates, boxing and dance into a high energy interval training workout that incorporates interval and barefoot training to burn maximum calories and increases stamina. **All levels**

Piloxing Barre: this is a comprehensive well rounded workout that is low impact, yet intensity building. This class will create full body awareness utilizing a ballet barre. **All levels**

TRX RIP: this class uses an innovative resistance cord system to create a variable, unbalanced load which helps you build core strength, explosive power, flexibility and endurance through movement patterns. **All levels**

Yoga Strength: A yoga class with light weights that targets core and arm definition. **Mixed level**