


































































































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<div><div></div><div>BodyPump:45 (6AM) with Katie H</div></div> <div><div></div><div>Water Aerobics (8:30AM) with Susie</div></div> <div><div></div><div>BodyCombat (8:30AM) with Jenn</div></div> <div><div></div><div>BodyPump (9AM) with Laura S.</div></div> <div><div></div><div>Zumba (10AM) with Kaori</div></div> <div><div></div><div>Gentle Yoga (10:10AM) with Raven</div></div> <div><div></div><div>Ride the Ridge:30 (10:15AM) with Rebecca</div></div> <div><div></div><div>Silver Sneakers (11:30AM) with Polly/Faith</div></div> <div><div></div><div>Water Aerobics (12PM) with Jennifer</div></div> <div><div></div><div>BodyCombat (4:30PM) with Randi</div></div> <div><div></div><div>Les Mills Core (5PM) with Bryan</div></div> <div><div></div><div>Les Mills GRIT (5:10PM) with Hannah</div></div> <div><div></div><div>BodyStep (5:30PM) with Laura S.</div></div> <div><div></div><div>BodyPump (5:40PM) with Faith</div></div> <div><div></div><div>Water Aerobics (6PM) with Susie</div></div> <div><div></div><div>Aerial Yoga (6PM) with Laura B.</div></div> <div><div></div><div>Zumba (6PM) with Sheila</div></div> <div><div></div><div>Xtreme Hip Hop (7PM) with Crystal</div></div>	<div><div></div><div>Sunrise Yoga (6AM) with Raven</div></div> <div><div></div><div>Ride the Ridge:45 (6AM) with Cayce</div></div> <div><div></div><div>Water Aerobics (8:30AM) with Jennifer/Susie</div></div> <div><div></div><div>BodyBalance (9AM) with Ana</div></div> <div><div></div><div>Ride the Ridge (9AM) with Becky</div></div> <div><div></div><div>Kids Yoga (9AM) with Tiffany</div></div> <div><div></div><div>Zumba (10AM) with Kaori</div></div> <div><div></div><div>Functional Training (10AM) with Liz</div></div> <div><div></div><div>Les Mills Tone (10:10AM) with Laura S.</div></div> <div><div></div><div>Silver Sneakers Yoga (11AM) with Vivian</div></div> <div><div></div><div>Water Aerobics (12PM) with Jennifer</div></div> <div><div></div><div>Les Mills Core (1PM) with Faith</div></div> <div><div></div><div>BodyPump (4:30PM) with Jenn</div></div> <div><div></div><div>Les Mills Tone (5:10PM) with Hannah</div></div> <div><div></div><div>RPM (5:30PM) with Charles</div></div> <div><div></div><div>BodyAttack (5:40PM) with Katie H</div></div> <div><div></div><div>Zumba:45 (5:45PM) with Polly/Kandra</div></div> <div><div></div><div>BodyBalance (6:30PM) with Peggy</div></div> <div><div></div><div>Water Aerobics (7:00PM) with Susie</div></div>	<div><div></div><div>BodyPump:45 (6AM) with Faith</div></div> <div><div></div><div>Water Aerobics (8:30AM) with Susie</div></div> <div><div></div><div>BodyCombat (8:30AM) with Jenn</div></div> <div><div></div><div>BodyPump (9AM) with Laura S.</div></div> <div><div></div><div>Bootcamp (9AM) with Khalid</div></div> <div><div></div><div>Zumba (10AM) with Julian</div></div> <div><div></div><div>BodyBalance (10:10AM) with Ana</div></div> <div><div></div><div>Ride the Ridge:30 (10:15AM) with Rebecca</div></div> <div><div></div><div>BodyStep (11AM) with Randi</div></div> <div><div></div><div>Silver Sneakers (11AM) with Vivian</div></div> <div><div></div><div>Kids Yoga (5PM) with Tiffany</div></div> <div><div></div><div>Les Mills Core (5PM) with Hannah</div></div> <div><div></div><div>Aqua Zumba (5PM) with Kaori</div></div> <div><div></div><div>RPM (5:30PM) with Charles</div></div> <div><div></div><div>BodyPump (5:40PM) with Faith</div></div> <div><div></div><div>Zumba (6PM) with Kandra</div></div> <div><div></div><div>Les Mills GRIT (6PM) with Hannah</div></div> <div><div></div><div>Sunset Yoga (6:45PM) with Raven</div></div> <div><div></div><div>Xtreme Hip Hop (7PM) with Crystal</div></div>	<div><div></div><div>Sunrise Yoga (6AM) with Raven</div></div> <div><div></div><div>Ride the Ridge:45 (6AM) with Cayce</div></div> <div><div></div><div>Water Aerobics (8:30AM) with Jennifer/Susie</div></div> <div><div></div><div>BodyBalance (9AM) with Bryan</div></div> <div><div></div><div>Ride the Ridge (9AM) with Becky</div></div> <div><div></div><div>Zumba (10AM) with Julian</div></div> <div><div></div><div>BodyStep :30 (10:10AM) with Laura S.</div></div> <div><div></div><div>BodyPump:30 (10:45 AM) with Laura S.</div></div> <div><div></div><div>Gentle Yoga (11AM) with Raven</div></div> <div><div></div><div>Water Aerobics (12PM) with Jennifer</div></div> <div><div></div><div>Les Mills Core (1PM) with Faith</div></div> <div><div></div><div>Body Pump (4:30PM) with Jenn</div></div> <div><div></div><div>Zumba (5:30PM) with Kaori</div></div> <div><div></div><div>BodyAttack (5:40PM) with Brittany</div></div> <div><div></div><div>Barre (6:30PM) with Peggy</div></div> <div><div></div><div>BodyBalance (6:30PM) with Bryan</div></div> <div><div></div><div>Water Aerobics (7PM) with Sheila</div></div>	<div><div></div><div>Water Aerobics (8:30AM) with Susie</div></div> <div><div></div><div>BodyPump (9AM) with Laura S.</div></div> <div><div></div><div>Zumba (10AM) with Julian</div></div> <div><div></div><div>BodyBalance 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<div><div></div><div>Kids Zumba (10:30AM) with Marianela</div></div> <div><div></div><div>BodyBalance (11:10AM) with Jenn</div></div>	<div><div></div><div>Ride the Ridge (1PM) with Rebecca</div></div> <div><div></div><div>BodyBalance (1PM) with Peggy</div></div> <div><div></div><div>Beginner Yoga (2PM) with Peggy</div></div>

FITNESS DESK: 901-729-8068  
FACILITY HOURS  
M-Th (5:00AM - 9PM)  
F (5:00AM - 8PM)  
S (7AM-7PM); Su (12PM-5PM)  
CHILDWATCH HOURS:  
M-F (8:00AM - 1:00PM;  
4:00PM-8:00PM)  
S (8:00AM - 1:00PM)



# Class Descriptions



**Les Mills BODYATTACK™:** A high-energy fitness class with a combination of athletic movements and strength exercises.



**Les Mills BODYCOMBAT™:** Get fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



**Les Mills BODYSTEP™:** New functional Step training class that is adaptable to all abilities and combines cardio and weights to maximize strength and mobility in the glutes and hips.



**Les Mills TONE™** is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes



**Les Mills SPRINT™:** High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. We recommend first time participants arrive 15 minutes early to help with bike setup.



**Les Mills RPM™:** Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level. We recommend first time participants arrive 15 minutes early to help with bike setup.



**RIDE THE RIDGE:** Looking for an indoor cycling class in a fun environment? Try our classes up on The Ridge! A non-impact cardio workout that uses that helps improve cardiovascular fitness, increases metabolism & boosts weight loss. 30, 45, and 60 minute classes available. We recommend first time participants arrive 15 minutes early to help with bike setup.



**XTREME HIP HOP:** Combine step-aerobics with dance moves in this high-energy fitness class. The instructor will coach basic steps and build the workout from there.



**ZUMBA:** ZUMBA® is a fusion of Latin and International music & dance themes that create a dynamic, exciting workout. Come join the party and dance your cares away!



**AQUA ZUMBA:** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



**WATER IN MOTION:** Low impact, high-energy challenge for all ages, skill and fitness levels. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55-minute water extravaganza!



**WATER AEROBICS:** Improve core strength, tone, flexibility, mobility, balance, and strength using water weights, aqua belts, and noodles. Effective for various physical limitations. (May use deep end of the pool for portions of the class.)



**Les Mills BODYPUMP™:** The original barbell workout for anyone looking to get lean, toned and fit - fast. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!



**Les Mills CORE™** provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do – it's the glue that holds everything together. 30-minute class utilizing body weight exercises, resistance bands, and weight plates.



**Les Mills GRIT Strength™:** GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Pre-registration required.



**BOOT CAMP:** Boot Camp is designed for personalized & informative support geared toward building a sense of camaraderie, character, and individual health & wellness. Become more comfortable with dynamic stretching, weightlifting, plyometrics, and even martial arts.



**BARRE:** Incorporating techniques from Ballet, Pilates and yoga, participants will enjoy a full body workout while using a traditional ballet barre and studio space. This low-impact class will still target peak cardio levels and no prior experience is required! Members are asked to wear no shoes in this program.



**FUNCTIONAL TRAINING:** A medium-intensity, 50-minute workout designed to build stability, balance and strength, as well as improvements in flexibility and range of motion. Learn the fundamentals of training including proper postural alignment, breathwork, and overall performance. A mix of light cardio, weights, resistance, and body weight exercises, this class allows beginners to more seasoned exercisers an opportunity to work towards optimal health and well-being.



**SILVER SNEAKERS:** SilverSneakers Classic is an industry-leading fitness program for older adults. It includes light cardio, weight training, balance, and stretching. Exercises can be done seated or standing.



**SILVER SNEAKERS YOGA:** SilverSneakers Yoga will move your whole body through a series of seated and standing poses. Chair support is offered to safely perform seated & standing postures that increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



**VATA AERIAL YOGA:** Discover the element of air with Vata Aerial Yoga. The harness used for Vata gives full support for your torso and pelvis, while six handles allow for support of the upper body and accommodates users of all capabilities. Perform inversions, classic yoga poses, and even strength training movements to work the core and upper body. Develop balance and full body control as you hover, weightless above the ground in this unique yoga experience! Pre-registration required.



**Les Mills BODYBALANCE™:** Yoga-based workout with elements of Tai Chi and Pilates, set to music. It will improve your body, mind, and life.



**BEGINNER YOGA:** Want to try yoga? Join this introductory hour long class and learn basic poses and breathing techniques as seen in BodyBalance and discover mind & body wellness.



**GENTLE YOGA:** A gentle style of yoga practiced at a slower pace with easy to moderate poses. The aim in gentle yoga is to slow things down, focus on the breath and find relaxation in the poses.



**SUNRISE YOGA:** Start your morning with meditation, breathing techniques, yoga, and relaxation. Traditional Vinyasa (breath and body movements combined) will be applied. Yoga props available when needed. All levels encouraged and modifications/advancements will be shown for members to create their own experience.



**MOM AND ME YOGA:** This yoga class focuses on the physical and emotional well-being of both the mother and the baby/toddler. Don't miss out on this cute, cuddly and one-of-a-kind yoga with baby class. Get stronger, manage stress better and stay focused while enjoying spending time with your precious, new baby!



**KIDS YOGA:** Learn yoga with play and friends! Our littlest members will enjoy breathing techniques, body and balance exercises, emotional and mindfulness practices and more in a fun and encouraging environment, with licensed teachers and additional support staff. No prior yoga experience necessary. Props will be used to promote different activities. Kids will be asked to wear socks to class. Kids must be checked into Child Watch to participate.



**KIDS ZUMBA:** Kids ZUMBA® combines fun music & dance themes to create a dynamic, exciting movement experience. Come join the party!

text **FIT** to **51555** for  
fitness class updates  
& cancellations