

GROUP FITNESS CLASSES

DECEMBER THROUGH JANUARY

STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LesMills Sprint 6:00 to 6:30 am Virtual	LesMills BODYPUMP 6:00 to 7:00 am Virtual	LesMills Sprint 6:00 to 6:30 am Virtual	LesMills BODYATTACK 6:00 to 7:00 am Virtual	LesMills Sprint 6:00 to 6:30 am Virtual	
Indoor Cycling 8:00 to 8:45 am Elizabeth	Indoor Cycling 8:00 to 8:45 am Denise	Indoor Cycling 8:00 to 8:45 am Elizabeth	Indoor Cycling 8:00 to 8:45 am Denise	Indoor Cycling 8:00 to 8:45 am Elizabeth	
Silver Sneakers Boom 9:00 to 9:45 am Elizabeth	Functional Strength 9:00 to 9:45 am Denise	Silver Sneakers Boom 9:00 to 9:45 am Carleen	Functional Strength 9:00 to 9:45 am Denise	Silver Sneakers Boom 9:00 to 9:45 am Carleen	LesMills BODYPUMP 9:00 to 10:00 am Virtual
ABS 10:00 to 10:30 am Carleen	Cardio Dance Party 10:00 to 10:45 am Mandy	LesMills CORE 10:00 to 10:30 am Elizabeth	Cardio Dance Party 10:00 to 10:45 am Mandy	LesMills CORE 10:00 to 10:30 am Elizabeth	Zumba 10:00 to 11:00 am Luisa
Yoga 10:45 to 11:45 am Kristen	LesMills Shapes 11:00 to 11:45 am Brooke	Yoga 10:45 to 11:45 am Kristen	LesMills Shapes 11:00 to 11:45 am Desiree	Yoga 10:45 to 11:45 am Maxine	
Silver Sneakers Classic 12:00 to 12:45 pm Ben	LesMills Sprint 12:00 to 12:30 pm Desiree	Silver Sneakers Classic 12:00 to 12:45 pm Ben	LesMills Sprint 12:00 to 12:30 pm Desiree	Silver Sneakers Classic 12:00 to 12:45 pm Judy	
OPEN STUDIO 1:00 to 2:00 pm	Seated Stability 1:00 to 1:45 pm Maxine	OPEN STUDIO 1:00 to 2:00 pm	Seated Stability 1:00 to 1:45 pm Judy	OPEN STUDIO 1:00 to 2:00 pm	
LesMills ONDEMAND 2:00-4:15 pm	LesMills ONDEMAND 2:00 to 5:15 pm	LesMills ONDEMAND 2:00-4:15 pm	LesMills ONDEMAND 2:00 to 5:15 pm	LesMills ONDEMAND 2:00-4:15 pm	
Zumba 4:30 to 5:15 pm Luisa		Zumba 4:30 to 5:15 pm Luisa		Zumba 4:30 to 5:30 pm Luisa	
LesMills BODYPUMP 5:30 to 6:30 pm Brooke	Cycle FUSION 5:30 to 6:30 pm Elizabeth	LesMills BODYCOMBAT 5:30 to 6:30 pm Virtual	Cardio Dance Party 5:15 to 6:00 pm Mandy	We're hiring! Apply to be a Group Fitness Instructor today!	

GYM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TRX 8:00 to 8:45 am Ben		TRX 8:00 to 8:45 am Ben		
LesMills BODYPUMP 9:00 to 10:00 am Desiree	LesMills GRIT 9:00 to 9:30 am Desiree	LesMills BODYPUMP 9:00 to 10:00 am Brooke	LesMills GRIT 9:00 to 9:30 am Desiree	LesMills BODYPUMP 9:00 to 10:00 am Brooke	
Circuit Training 12:00 to 12:45 pm Desiree		Circuit Training 12:00 to 12:45 pm Desiree		Circuit Training 12:00 to 12:45 pm Brooke	

CLASS SCHEDULES ARE SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.

*Les Mills OnDemand is available when the studio is not in use.