

# GROUP FITNESS CLASSES

## DECEMBER THROUGH JANUARY

### STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LES MILLS <i>sprint</i></b> 6:00 to 6:30 am Virtual	<b>LES MILLS BODYPUMP</b> 6:00 to 7:00 am Virtual	<b>LES MILLS <i>sprint</i></b> 6:00 to 6:30 am Virtual	<b>LES MILLS BODYATTACK</b> 6:00 to 7:00 am Virtual	<b>LES MILLS <i>sprint</i></b> 6:00 to 6:30 am Virtual	
<b>Indoor Cycling</b> 8:00 to 8:45 am Elizabeth	<b>Indoor Cycling</b> 8:00 to 8:45 am Denise	<b>Indoor Cycling</b> 8:00 to 8:45 am Elizabeth	<b>Indoor Cycling</b> 8:00 to 8:45 am Denise	<b>Indoor Cycling</b> 8:00 to 8:45 am Elizabeth	
<b>Silver Sneakers Boom</b> 9:00 to 9:45 am Elizabeth	<b>Functional Strength</b> 9:00 to 9:45 am Denise	<b>Silver Sneakers Boom</b> 9:00 to 9:45 am Carleen	<b>Functional Strength</b> 9:00 to 9:45 am Denise	<b>Silver Sneakers Boom</b> 9:00 to 9:45 am Carleen	<b>LES MILLS BODYPUMP</b> 9:00 to 10:00 am Virtual
<b>ABS</b> 10:00 to 10:30 am Carleen	<b>Cardio Dance Party</b> 10:00 to 10:45 am Mandy	<b>LES MILLS CORE</b> 10:00 to 10:30 am Elizabeth	<b>Cardio Dance Party</b> 10:00 to 10:45 am Mandy	<b>LES MILLS CORE</b> 10:00 to 10:30 am Elizabeth	<b>Zumba</b> 10:00 to 11:00 am Luisa
<b>Yoga</b> 10:45 to 11:45 am Kristen	<b>LES MILLS Shapes</b> 11:00 to 11:45 am Brooke	<b>Yoga</b> 10:45 to 11:45 am Kristen	<b>LES MILLS Shapes</b> 11:00 to 11:45 am Desiree	<b>Yoga</b> 10:45 to 11:45 am Maxine	*Les Mills OnDemand is available when the studio is not in use.
<b>Silver Sneakers Classic</b> 12:00 to 12:45 pm Ben	<b>LES MILLS <i>sprint</i></b> 12:00 to 12:30 pm Desiree	<b>Silver Sneakers Classic</b> 12:00 to 12:45 pm Ben	<b>LES MILLS <i>sprint</i></b> 12:00 to 12:30 pm Desiree	<b>Silver Sneakers Classic</b> 12:00 to 12:45 pm Judy	
<b>OPEN STUDIO</b> 1:00 to 2:00 pm	<b>Seated Stability</b> 1:00 to 1:45 pm Maxine	<b>OPEN STUDIO</b> 1:00 to 2:00 pm	<b>Seated Stability</b> 1:00 to 1:45 pm Judy	<b>OPEN STUDIO</b> 1:00 to 2:00 pm	
<b>LES MILLS ONDEMAND</b> 2:00-4:15 pm	<b>LES MILLS ONDEMAND</b> 2:00 to 5:15 pm	<b>LES MILLS ONDEMAND</b> 2:00-4:15 pm	<b>LES MILLS ONDEMAND</b> 2:00 to 5:15 pm	<b>LES MILLS ONDEMAND</b> 2:00-4:15 pm	
<b>Zumba</b> 4:30 to 5:15 pm Luisa		<b>Zumba</b> 4:30 to 5:15 pm Luisa		<b>Zumba</b> 4:30 to 5:30 pm Luisa	
<b>LES MILLS BODYPUMP</b> 5:30 to 6:30 pm Brooke	<b>Cycle FUSION</b> 5:30 to 6:30 pm Elizabeth	<b>LES MILLS BODYCOMBAT</b> 5:30 to 6:30 pm Virtual	<b>Cardio Dance Party</b> 5:15 to 6:00 pm Mandy	<b>We're hiring!</b> Apply to be a Group Fitness Instructor today!	

### GYM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>TRX</b> 8:00 to 8:45 am Ben		<b>TRX</b> 8:00 to 8:45 am Ben		
<b>LES MILLS BODYPUMP</b> 9:00 to 10:00 am Desiree	<b>LES MILLS GRIT</b> 9:00 to 9:30 am Desiree	<b>LES MILLS BODYPUMP</b> 9:00 to 10:00 am Brooke	<b>LES MILLS GRIT</b> 9:00 to 9:30 am Desiree	<b>LES MILLS BODYPUMP</b> 9:00 to 10:00 am Brooke	
<b>Circuit Training</b> 12:00 to 12:45 pm Desiree		<b>Circuit Training</b> 12:00 to 12:45 pm Desiree		<b>Circuit Training</b> 12:00 to 12:45 pm Brooke	

CLASS SCHEDULES ARE SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.