

# GROUP FITNESS CLASSES

## DECEMBER THROUGH JANUARY

### STUDIO CLASSES

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

### GYM CLASS SCHEDULE

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

CLASS SCHEDULES ARE SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.