

GROUP FITNESS CLASSES

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
	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.



GROUP EXERCISE CLASS DESCRIPTIONS

The class studio closes one hour before the Kroc Center closes each evening, for the next-morning class set up.

Note: "Open Studio/Les Mills OnDemand Class" times are on a "first-come, first-served" basis, with earlier arrivers choosing their activities. All members may participate in any currently playing Les Mills (on demand) class, however. Scheduled classes take precedence.

BARRE & BALANCE

Utilizing a ballet barre for support, this low-impact exercise focuses on small, controlled movements to target specific muscle groups. The result is a full-body workout that emphasizes alignment, balance, and muscle toning.

BODYCOMBAT™ **LesMills**

Punch and kick your way to fitness!

This high energy martial arts inspired workout is totally non-contact. Learn moves from karate, taekwondo, boxing, Muay Thai, capoeira and kung fu.

BODYPUMP™ **LesMills**

A scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast.

BOOM™ SilverSneakers®

This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

CIRCUIT TRAINING

Intermediate to Advanced

Move through a challenging, circuit-training obstacle course that provides a fun, total-body, COMPLETE workout!

CLASSIC™ SilverSneakers®

This workout features fall prevention drills and exercises to amplify strength and endurance.

CORE™ **LesMills**

An intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

CYCLE FUSION

Intermediate to Advanced

This fun, energetic hybrid class that mixes indoor cycling with strength training & callisthenic-style moves! A true original! Sweat-drenched fun!

FUNCTIONAL STRENGTH

Beginner to Intermediate

Improve overall muscular strength, tone, and stamina, while building a foundation of cardio endurance & improving everyday movement skills, balance, stability, and flexibility.

GRIT™ CARDIO **LesMills**

A scientifically-tested workout that uses bodyweight exercises with a focus on speed. Develop anaerobic stamina and rapidly improve your cardiovascular fitness to get you fit – fast.

GRIT™ STRENGTH **LesMills**

Beginner to Intermediate

A high-intensity interval training (HIIT) workout that combines scientifically-tested moves and weight exercises to build muscle and cardiovascular fitness.

INDOOR CYCLING

Beginner to Advanced

Fast-paced workout on a stationary bicycle. Climb, sprint, interval, and more with incredible music, fun challenges, and extraordinary instruction! Have fun while burning TONS of calories!

OLDIES DANCE

Move along to timeless tunes as you enjoy a cardio dance session, designed to get your heart rate up and help you burn calories

SEATED STABILITY

Beginner to Intermediate

This chair-based program uses a combination of resistance and balance exercises to increase stability. Build functional fitness to confidently perform daily activities. Designed for active agers and anyone wanting to improve balance and stamina.

SPLASH™ SilverSneakers®

This high-energy, shallow-water workout is perfect for all skill levels, from non-swimmers to advanced swimmers. Get ready to improve your agility, flexibility, cardiovascular endurance and overall strength.

SPRINT™ **LesMills**

Intermediate to Advanced

Featuring intervals of sprinting, pier training, and strength building, this HIIT cycle class provides the repeated challenge that drives change. Push your heart rate zone to the max with this low impact, high intensity option.

TRX

Beginner to Intermediate

The unique TRX Suspension Trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, joint mobility, and explosiveness without adding mass. May also include "Tabata" style strength exercises done in interval fashion.

YOGA

Beginner to Advanced

Incorporates traditional poses and positions into sequencing and a modeled "Flow". The "counted breath" taken from Ashtanga Yoga, alignment and form, will build a strong group and personalized experience for everyone. Class will be tailored to the abilities and level of participants.

ZUMBA

Beginner to Advanced

A mix of freestyle and hip-hop, Latin/salsa moves. Tone and sculpt every part of your body.

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INFORMATION**