

# STUDIO 1 | DECEMBER SCHEDULE

MONDAY		
TIME	CLASS	INSTRUCTOR
5:30-6:30am	<b>LES MILLS BODYPUMP</b>	Lindsey
6:35-7:35am	<b>LES MILLS BODYPUMP / LES MILLS CXWORX</b>	Natalie & Rachel M
8:00-9:00am	Fit & Fabulous	Kristen
9:05-10:05am	<b>LES MILLS BODYPUMP</b>	Michelle/Molly
10:10-11:10am	<b>LES MILLS BODYFLOW</b>	Lynette
11:15-11:45am	Core Strength	Sandy
12:00-1:00pm	<b>LES MILLS BODYPUMP</b>	Sherrie
4:30-5:30pm	<b>LES MILLS BODYPUMP</b>	Laury
5:35-6:35pm	<b>LES MILLS BODYCOMBAT</b>	Sonja
6:40-7:40pm	<b>LES MILLS BODYPUMP</b>	Casha

TUESDAY		
TIME	CLASS	INSTRUCTOR
5:30-6:15am	<b>LES MILLS BODYATTACK EXPRESS</b>	Casha
8:00-9:00am	Fit & Fabulous Total Toning	Tracy
9:05-10:05am	<b>LES MILLS BODYCOMBAT</b>	Bridget
10:10-11:10am	<b>LES MILLS BODYPUMP</b>	Sydney
12:00-1:00pm	<b>LES MILLS BODYFLOW</b>	Cat
2:00-3:00pm	<b>LES MILLS BODYPUMP</b>	Laury
4:30-5:30pm	<b>LES MILLS BODYSTEP</b>	Lynette & Rachel M
5:35-6:35pm	<b>LES MILLS BODYPUMP</b>	Carla
6:40-7:10pm	<b>LES MILLS CXWORX</b>	Casey

WEDNESDAY		
TIME	CLASS	INSTRUCTOR
5:30-6:30am	<b>LES MILLS BODYPUMP</b>	Casey
6:35-7:35am	<b>LES MILLS BODYPUMP</b>	Ashley S
8:00-9:00am	Fit & Fabulous	Kristen
9:05-10:05am	<b>LES MILLS BODYATTACK</b>	Sydney
10:10-11:10am	<b>LES MILLS BODYFLOW</b>	Rebekah
12:00-1:00pm	<b>LES MILLS BODYPUMP</b>	Sherrie
4:30-5:30pm	<b>LES MILLS BODYPUMP</b>	Carla
5:35-6:35pm	<b>LES MILLS BODYCOMBAT</b>	Jen & Carla
6:40-7:40pm	<b>LES MILLS BODYPUMP</b>	Casha

THURSDAY		
TIME	CLASS	INSTRUCTOR
5:30-6:30am	<b>RIPPED</b>	Sonja
6:35-7:35am	<b>LES MILLS BODYATTACK / LES MILLS BODYPUMP</b>	Sydney
8:00-9:00am	Fit & Fabulous Total Toning	Tracy
9:05-9:35am	<b>LES MILLS CXWORX</b>	Rachel M
9:35-10:05am	<b>LES MILLS BODYSTEP EXPRESS</b>	Rachel M
10:10-11:10am	<b>LES MILLS BODYPUMP</b>	Rebekah
2:00-3:00pm	<b>LES MILLS BODYPUMP</b>	Laury
5:35-6:35pm	<b>LES MILLS BODYPUMP</b>	Courtney
6:40-7:40pm	<b>LES MILLS BODYCOMBAT</b>	Casey

FRIDAY		
TIME	CLASS	INSTRUCTOR
5:30-6:30am	<b>LES MILLS BODYSTEP</b>	Ashley
6:35-7:35am	<b>LES MILLS BODYPUMP / LES MILLS CXWORX</b>	Casey/Rachel M
8:00-9:00am	Forever Young	Kelly
9:05-10:05am	<b>LES MILLS BODYCOMBAT</b>	Laury
10:10-11:10am	<b>LES MILLS BODYFLOW</b>	Michelle
11:15-11:45am	Core Strength	Sandy
4:30-5:30pm	<b>LES MILLS BODYCOMBAT</b>	Rebekah
5:35-6:35pm	<b>LES MILLS BODYPUMP</b>	Carla

SATURDAY		
TIME	CLASS	INSTRUCTOR
7:00-8:00am	<b>LES MILLS BODYATTACK</b>	Casha
8:05-9:05am	<b>LES MILLS BODYPUMP</b>	Lindsey
9:10-10:10am	<b>LES MILLS BODYFLOW</b>	Rebekah
10:15-11:15am	<b>LES MILLS BODYCOMBAT</b>	Sonja
11:15-11:45am	Core Strength	Sonja

SUNDAY		
TIME	CLASS	INSTRUCTOR
8:00-9:00am	<b>LES MILLS BODYATTACK</b>	Rachel M
9:00-10:00am	<b>LES MILLS BODYCOMBAT</b>	Laury
10:05-11:05am	<b>LES MILLS BODYPUMP</b>	Laury
11:15-12:15pm	<b>LES MILLS BODYFLOW</b>	Cat
4:00-5:00pm	<b>LES MILLS BODYCOMBAT</b>	Rebekah
5:05-6:05pm	<b>LES MILLS BODYPUMP</b>	Courtney



★ New Class

Please note: Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being CANCELED. In order to make the most efficient use of our studio space, we may discontinue classes if there are under 10 participants consistently.

### **LES MILLS BODYPUMP**

Challenge all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques while pumping out motivation and great music.

### **LES MILLS BODYCOMBAT**

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

### **LES MILLS BODYFLOW**

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

### **LES MILLS BODYATTACK**

This high-energy fitness class combines athletic aerobic movements like running, jumping & lunging with strength and stabilization exercises like push-ups & squats. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do with BodyATTACK!

### **LES MILLS BODYSTEP**

Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

### **LES MILLS CXWORX**

Based on cutting-edge scientific research this 30 minute workout really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

### **LES MILLS BODYJAM**

An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Trained instructors teach you to move with attitude and most important to have fun throughout this class. Grab a friend, get front and center, and get high on the feeling of dance.

### **RIPPED** THE ONE STOP BODY SHOP

Experience this 45 minute total body plateau proof workout utilizing resistance and cardio training combining resistance, intervals, power, Plyometrics and endurance.

### **BODYATTACK/ BODYPUMP**

We've combined two of your favorite Les Mills workouts for one amazing workout. Start with 30 minutes of BodyATTACK: athletic movements, like running, lunging and jumping with strength exercises such as push ups and squats. Followed by 30 minutes of BodyPUMP: light to moderate weights with lots of repetition with a focus on squats, chest, back and core tracks.

### **BODYPUMP/ CXWORX**

Another combo class that starts with 30 minutes of BodyPUMP: light to moderate weights with lots of repetition with a focus on upper and lower body strength, followed by a complete CXWORX routine to strengthen your core from shoulders to hips and glutes.

### **CORE STRENGTH**

A 30 minute class targeting abs, oblique and low back.

### **FIT & FABULOUS**

This class caters to older adults who already live an active lifestyle AND those who may be unfamiliar with exercise. Participants will engage in a variety of aerobic conditioning, weight training and stretching activities in a great social environment. Come join the fun!

### **FIT & FABULOUS - TOTAL TONING**

Older adults will enjoy a complete class of toning and stretching using hand weights, resistance balls, resistance tubes, fit-balls and your own body resistance. This class is suitable for all levels.

### **FOREVER YOUNG**

This class caters to active older adults and folks who are new, reengaging in fitness, or want to go at their own pace. Participants will engage in a variety of cardio conditioning, strength training and balance activities in a fun, energetic social environment. Come, and find out just what YOU can do!

**Please note:** Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being discontinued. In order to make the most efficient use of our studio space, we may discontinue classes if there are under ten participants for more than a month. Thank you for understanding.