STUDIO 1 | MAY SCHEDULE

TIME		MONDAY	•		THURSDAY	
Signo-signam Softy Marein/Ashleys Signo-signam GRIT SERIES Sonja Property Signo-signam Signo-signam Sonja Signo-signam Sig	TIME		INSTRUCTOR	TIME		INSTRUCTOR
8:00-9:00am Fit & Fabulous Kristen Section Sect	5:30-6:30am		Karen/Ashley S	5:30-6:00am	GRIT SERIES	Sonja P
### ### ### ### ######################	6:35-7:35am	LesMills	Natalie	★ 6:05-7:05am	SO-MINITE HIGH-INTENSITY INTERVAL TRAINING	Casey
10:10-11:10am	8:00-9:00am		Kristen	8:00-9:00am		Tracy
10:10-11:10am	9:05-10:05am		Michelle/Molly	9:05-9:35am		Rachel M
11:15-11:45am	10:10-11:10am	LesMills	Lynette	9:35-10:05am	LesMills	Rachel M
12:00-1:00pm 10:00pm	11:15-11:45am		Sandy	10:10-11:10am	LesMills	Rebekah
### A:30-5:30pm Lemmile Laury 5:00-5:30pm Hill Nicole	12:00-1:00pm		Sherrie	2:00-3:00pm	Lesmills	Laury
S:35-6:35pm BODYCOMBAT LEMMLES Casha TUESDAY TIME CLASS INSTRUCTOR 5:30-6:15am LEMMLES Sinstructor 5:30-6:15am BODYATTACK (BUPRES) 6:15-6:45am HIIT Niki 8:00-9:00am Fit & Fabulous Total Toning Tracy 9:05-10:05am BODYCOMBAT LEMMLES 10:10-11:10am LEMMLES Sydnie 12:00-1:00pm BODYCOMBAT LEMMLES Sydnie 12:00-3:00pm BODYCOMBAT LEMMLES Sobrephile Carla 10:10-11:10am LEMMLES Sydnie 12:00-3:00pm BODYCOMBAT LEMMLES Sydnie 12:00-3:00pm BODYCOMBAT LEMMLES Sydnie 13:35-6:35pm BODYPUMP Carla 13:35-6:35pm BODYPUMP Carla 15:35-6:35pm BODYPUMP Carla 15:35-6:35pm BODYPUMP Carla 15:30-6:30am BODYPUMP Carla 15:30-6:30am BODYPUMP Carla 16:40-7:10pm CAWORX Casey TIME CLASS INSTRUCTOR 16:35-7:35am BODYPUMP Ashley S 10:10-11:10am BODYPUMP Carla 11:15-11:45am Core Strength Sandy 10:10-11:10am BODYPUMP Carla 11:15-11:45am Core Strength Sandy 10:10-11:10am BODYPUMP Carla 11:15-11:45am Core Strength Sonja 10:10-11:10am BODYPUMP Carla 11:15-11:45am Core Strength Sonja 10:10-11:10am BODYPUMP Carla 11:15-11:45am Core Strength Sonja 1	4:30-5:30pm	LesMills BODYPUMP	Laury	★ 5:00-5:30pm		Nicole
TIME CLASS INSTRUCTOR 5:30-6:15am	5:35-6:35pm	Lesmills	Sonja	5:35-6:35pm		Courtney
TIME CLASS INSTRUCTOR 5:30-6:15am 5:30-6:15am 6:15-6:45am HIIT Niki 8:00-9:00am 9:05-10:05am BODYCOMBAT 10:10-11:10am 12:00-1:00pm 12:00-3:00pm Lessmills Long Doylum 12:00-3:00pm Lessmills Long Doylum 12:00-3:00pm Lessmills Long Doylum Lessmills Long Lessmills Long Doylum Lessmills Long Doylum Lessmills Long Doylum Lessmills	6:40-7:40pm		Casha			
S:30-6:15am Casha		TUESDAY		TIME	CLASS	INSTRUCTOR
S:30-6:15am HIIT Niki	TIME		INSTRUCTOR	5:30-6:30am		Ashley B
6:15-6:45am HIIT Niki 8:00-9:00am Forever Young Kelly 8:00-9:00am Fit & Fabulous Total Toning Tracy 9:05-10:05am BODYCOMBAT Laury 10:10-11:10am BODYTOW Michelle 12:00-1:00pm BODYTOW Cat 11:15-11:45am Core Strength Sandy 2:00-3:00pm BODYTOW Lesimiles BODYTOW Lesimiles BODYTOW Cat 11:15-11:45am Core Strength Sandy 2:00-3:00pm BODYPUMP Laury 4:45-5:15pm GRIT SERIES Rebekah P 4:30-5:30pm BODYPUMP Carla Lesimiles BODYTOW Rebekah 11:15-11:45am Lesimiles BODYTOW Rebekah 6:35-7:35am BODYPUMP Casey 9:10-10:10am Lesimiles Sonja 8:00-9:00am Fit & Fabulous Kristen 11:15-11:45am Core Strength Sonja 11:15-11:45am Core Strength Sonja 11:15-11:45am Core Strength Sonja 11:15-11:45am Core Strength Sonja 11:30-12:00pm GRIT SERIES Rebekah P 8:00-9:00am BODYPUMP Lesimiles Sonja 11:15-11:45am Core Strength Sonja 11:30-12:00pm GRIT SERIES Rebekah P 8:00-9:00am BODYPUMP Lesimiles BODYTOMBAT Lesimiles Lesimiles BODYTOMBAT Lesimiles Lesimiles BODYTOMBAT Laury Lesimiles BODYTOMBAT Laury Lesimiles BODYTOMBAT Laury Lesimiles BODYTOMBAT Laury Lesimiles BODYTOMBAT Lesimiles BODYTOMBAT Lesimiles BODYTOMBAT Lesimiles BODYTOMBAT Carla 10:05-11:05am Lesimiles BODYTOMBAT Rebekah Lesimiles BODYTOMBAT Lesimiles BODYTOMBAT Lesimiles BODYTOMBAT Rebekah Lesimiles BODYTOMBAT	5:30-6:15am		Casha	6:35-7:35am	LesMills . LesMills	Rebekah
### Stabulous Total Toning Tracy 9:05-10:05am BODYCOMBAT Lesmills Sydnie 10:10-11:10am BODYCOMBAT Lesmills Lesmills BODYCOMBAT Lesmills BODYCOMBAT Lesmills Lesmills BODYCOMBAT Lesmills Les	🜟 6:15-6:45am	HIIT	Niki	8:00-9:00am		Kelly
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2:00-3:00pm	10:10-11:10am	BODYPUMP	Sydnie			
2:00-3:00pm BODYPUMP Laury 4:43-5:15pm BODYPUMP Carla 4:30-5:30pm BODYSEP Lynette & Rachel M 5:35-6:35pm BODYPUMP CARLA 6:40-7:10pm CXWORX Casey TIME CLASS INSTRUCTOR WEDNESDAY 7:00-8:00am BODYPUMP Lindsey 5:30-6:30am BODYPUMP Casey 9:10-10:10am BODYPUMP Lindsey 5:30-6:30am BODYPUMP Ashley S 10:15-11:15am BODYPUMP Rebekah 6:35-7:35am BODYPUMP Ashley S 10:15-11:15am BODYFIOW Rebekah 8:00-9:00am Fit & Fabulous Kristen 11:15-11:45am Core Strength Sonja 9:05-10:05am BODYPUMP Rebekah TIME CLASS INSTRUCTOR 11:30-12:00pm GRIT SERIES Rebekah P 8:00-9:00am BODYFIOW Rebekah 11:30-12:00pm BODYFIOW Rebekah TIME CLASS INSTRUCTOR 11:30-13:01pm BODYFIOW Rebekah TIME CLASS INSTRUCTOR 11:30-13:00pm BODYFIOW Rebekah TIME CLASS INSTRUCTOR 11:30-15:00pm BODYFIOW Sherrie 9:00-10:00am BODYFIOW Rebekah Lesimilis BODYFIOW Lesimilis BODYFIOW Lesimilis BODYFIOW Carla 11:15-12:15pm BODYFIOW Cat/Leah N 11:15-12:15pm BODYFIOW Cat/Leah N 11:15-12:15pm BODYFIOW CAUCHANA Rebekah Lesimilis BODYFIOW Cat/Leah N 11:15-12:15pm BODYFIOW Cat/Leah N	12:00-1:00pm	BODYFLOW	Cat	11:15-11:45am		Sandy
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Saturday	4:30-5:30pm	BODYSTEP	Lynette & Rachel M	5:35-6:35pm		Carla
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5:30-6:30am 6:35-7:35am 6:35-7:35am 8:00-9:00am Fit & Fabulous Casey 9:10-10:10am Core Strength Sonja 8:00-9:05am 8:00-9:05am 8:00-9:05am 8:00-9:05am 8:00-9:05am 8:00-9:05am 8:00-9:05am 8:00-9:00am 8:00-9:00am 11:30-12:00pm 11:30-12:15pm 11:30-12:10pm 11:	TIME	CLASS	INSTRUCTOR	8:05-9:05am	LesMills	Lindsey
8:00-9:00am Fit & Fabulous Fit & Fab	5:30-6:30am	BODYPUMP	Casey	9:10-10:10am	LesMills	Rebekah
8:00-9:00am Fit & Fabulous P:05-10:05am Fit & Fabulous Fit & Fabul	6:35-7:35am		Ashley S	10:15-11:15am	Lesmills RODYCOMRAT	Sonja
9:05-10:05am BODYATTACK 10:10-11:10am BODYFIOW Rebekah TIME CLASS INSTRUCTOR Rechel M 12:00-1:00pm GRIT SERIES BODYPUMP 4:30-5:30pm BODYPUMP LESMILLS BODYPUMP LESMILLS BODYPUMP Carla 10:05-11:05am 10:05-11:05am BODYPUMP LESMILLS BODYPUMP Carla 11:15-12:15pm BODYPUMP LESMILLS BODYPUMP LESMILLS BODYPUMP Casha 4:00-5:00pm LESMILLS BODYCOMBAT Rebekah EVOLUTION Rebekah	8:00-9:00am		Kristen	11:15-11:45am		Sonja
11:30-12:00pm 12:00-1:00pm 12:00-1:00pm 4:30-5:30pm 5:35-6:35pm 6:40-7:40pm BODYPUMP Rebekah Rebekah Rebekah Rebekah Rebekah 8:00-9:00am 9:00-10:00am 9:00-10:00am 10:05-11:05am 10:05-11:05am 11:15-12:15pm Rebekah Rachel M Rachel M 10:05-11:05am 10:05-11:05am 10:05-11:05am 10:05-11:05am 10:05-11:05am Rebekah Rebekah Rebekah Rebekah Lesmills BODYPUMP Casha 4:00-5:00pm Rebekah Lesmills Rodycombat Rebekah	9:05-10:05am		Sydnie		SUNDAY	
12:00-1:00pm Sherrie 9:00-10:00am BODYPUMP Lesmills BODYPUMP Cat/Leah N Lesmills BODYPUMP Cat/Leah N Lesmills BODYPUMP BODYPUMP Lesmills BODYPUMP	10:10-11:10am		Rebekah	TIME	CLASS	INSTRUCTOR
12:00-1:00pm Carla Carla	11:30-12:00pm	GRIT SERIES 30-MINUTE HISS-INTERVAL TRAINING	Rebekah P	8:00-9:00am		Rachel M
4:30-5:30pm	12:00-1:00pm	BODYPUMP	Sherrie	9:00-10:00am	LesMills	Laury
5:35-6:35pm	4:30-5:30pm	BODYPUMP	Carla	10:05-11:05am	LESMILLS	Laury
BODYPUMP Casha 4:00-5:00pm BODYCOMBAT Rebekah	5:35-6:35pm	Lesmills	Jen & Carla	11:15-12:15pm	BODYFLOW	Cat/Leah N
LESMILLS Countries	6:40-7:40pm		Casha	4:00-5:00pm		Rebekah
	_			5:05-6:05pm	Lesmills BODYPUMP	Courtney



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.

Lesmills 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 <u>scientifically proven</u> moves and techniques while pumping out motivation and great music.

LESMILLS 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.

LESMILLS RODYFLOW

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.

LesMills

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!

LESMILLS **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.

LESMILLS CYWODX

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.

LesMills

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.

GRIT SERIES

30-minute's of high intensity interval training (HIIT), developed by experts to deliver transformative results. It's the kind of workout that transcends your speed, your strength and your height. More than just a workout, LES MILLS GRIT combines art and science. Mixing underground beats with athlete-inspired exercises to create three unique programs – Strength, Plyo and Cardio. Formats will be listed on our Smart Phone APP. A GRIT Pass is required to attend. Passes will be available at the front desk on a first come, first serve basis, starting 30 minutes prior to class time. Limit one pass per person - must be present to pick up the pass (cannot reserve via phone or for other class participants.)

BODYCOMBAT/CXWORX

Another combo class that starts with 30 minutes of BodyCOMBAT: mixed martial arts inspired cardio and strength class, followed by a complete CXWORX routine to strengthen your core from shoulders to hips and glutes.

RODYPLIMP/ CXWORX

A 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!

HIIT

30 minutes of of high intensity interval training (HIIT), developed to maximize your results in a fun and effective manor. This class will have 4 formats which will rotate weekly, upper body, lower body, core plyo and cardio. This 30 minute class will keep your heart rate elevated, boost your metabolism, and burn calories.

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