STUDIO 1 | JUNE SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LesMills BODYPUMP	Karen/Ashley S
6:35-7:35am	LesMills BODYPUMP	Kayla
8:00-9:00am	Fit & Fabulous	Kristen
9:05-10:05am	LesMills BODYPUMP	Molly
10:10-11:10am	LesMills BODYFLOW	Suki
11:15-11:45am	Core Strength	Sandy
12:00-1:00pm	LesMills BODYPUMP	Sherrie
4:30-5:30pm	LesMills BODYPUMP	Carla
5:35-6:35pm	LesMills BODYCOMBAT	Sonja
6:40-7:40pm	LesMills BODYPUMP	Casha

TUESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	LesMills BODYATTACK EXPRESS	Casha
6:15-6:45am	LesMills GRIT SERIES 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	Sonja
8:00-9:00am	Fit & Fabulous Total Toning	Tracy
9:05-10:05am	LesMills BODYCOMBAT	Carla
10:10-11:10am	LesMills BODYPUMP	Courtney
11:15-11:45am	Core Strength	Niki V
12:00-1:00pm	LesMills BODYFLOW	Cat
2:00-3:00pm	LesMills BODYPUMP	Laury
5:35-6:35pm	LesMills BODYPUMP	Casha
6:40-7:10pm	Core Strength	Cori

WEDNESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LesMills BODYPUMP	Casey
6:35-7:35am	LesMills BODYPUMP	Ashley S
8:00-9:00am	Fit & Fabulous	Kristen
9:05-10:05am	LesMills BODYATTACK	Sydnie
10:10-11:10am	LesMills BODYFLOW	Tonya
11:30-12:00pm	HIIT	Niki V
12:00-1:00pm	LesMills BODYPUMP	Sherrie
4:30-5:30pm	LesMills BODYPUMP	Carla
5:35-6:35pm	LesMills BODYCOMBAT	Jen & Carla
6:40-7:40pm	LesMills BODYPUMP	Casha

THURSDAY

TIME	CLASS	INSTRUCTOR
5:30-6:00am	LesMills GRIT SERIES 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	Sonja
8:00-9:00am	Fit & Fabulous Total Toning	Tracy
9:05-9:35am	LesMills CXWORX	Rachel M
9:35-10:05am	LesMills BODYSTEP EXPRESS	Rachel M
10:10-11:10am	LesMills BODYPUMP	Rebekah
2:00-3:00pm	LesMills BODYPUMP	Laury
4:30-5:30pm	LesMills BODYATTACK	Casha
5:35-6:35pm	LesMills BODYPUMP	Courtney
6:45-7:45pm	Zen In The Art of Tai	Ken

FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LesMills BODYSTEP	Ashley B
6:35-7:35am	LesMills BODYPUMP / LesMills CXWORX	Rebekah
8:00-9:00am	Forever Young	Kelly
9:05-10:05am	LesMills BODYCOMBAT	Laury
10:10-11:10am	LesMills BODYFLOW	Tonya
11:15-11:45am	Core Strength	Sandy
4:45-5:15pm	LesMills GRIT SERIES 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	Kevin
5:30-6:30pm	LesMills BODYPUMP	Carla

SATURDAY

TIME	CLASS	INSTRUCTOR
7:00-8:00am	LesMills BODYATTACK	Casha
8:05-9:05am	LesMills BODYPUMP	Casha
9:10-10:10am	LesMills BODYFLOW	Karen/Sarah
10:15-11:15am	LesMills BODYCOMBAT	Sonja
11:15-11:45am	Core Strength	Sonja

SUNDAY

TIME	CLASS	INSTRUCTOR
8:00-9:00am	LesMills BODYATTACK	Rachel M
9:00-10:00am	LesMills BODYCOMBAT	Laury
10:05-11:05am	LesMills BODYPUMP	Laury
11:15-12:15pm	LesMills BODYFLOW	Cat/Leah N
12:30-1:30pm	ZUMBA	Bridget
4:00-5:00pm	LesMills BODYCOMBAT	Jerry
5:05-6:05pm	LesMills BODYPUMP	Courtney

★ New Class **P** Pass Required

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 scientifically proven 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 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.

LesMills 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!

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 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.

LesMills GRIT SERIES
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

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.

BODYPUMP/ 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.

TECHNIQUE CLASSES

Quick 30 minute intros into BodyPUMP, BodyCOMBAT and BodyATTACK. The perfect starter class for new members, individuals new to LesMills, or those who would just like to brush up on their technique and form, with guidance from the instructor. This is also a great time to get any questions you may have about these 3 classes answered.