

Studio A – Group Fitness						
SU	MO	TU	WE	TH	FR	SA
<b>New!</b> <b>BODYPUMP</b> 10am Claude	Sculpt 6am Diane	<b>New!</b> <b>BODYPUMP</b> 6am Caroline	Yin Yoga 7am Deane	Bender Barre 6am Marie	Total Body 6am Diane	Yoga Flow 7:30am Deana
Hatha Yoga 11:30am Tetyana	Tai Chi 8:30am Kathy L.	CardioYoPi 9am Tetyana	Fit for Gold 10am Lynne	Yogalates 9:30am Tetyana	Morning Yoga 7am Lainie	Bender Barre 9am Marie
	Tai Chi Advanced 9:30-9:55am Kathy L.	Dance Fit 10am Julie	Yin Yoga 11am Tetyana	Dance Fit 10:30am Julie	Hatha Yoga 9am Stacy	Sculpt 10am Marie
	Hatha Yoga 10am Tetyana	Chair Yoga 11am Shashank	Stability & Strength 12pm Lynne	Chair Yoga 12pm Kathleen	Dance Fit 10am Julie	Chair Yoga 11am Kathleen
	Stability & Strength 11:30am Lynne	Yoga Flow Stretch 12pm Kathleen	Chair Yoga 1pm Kathleen	H.I.I.T. 5:30pm Megan T.	Tai Chi 11am Kathy L.	
	<b>New!</b> Integrated Yoga 12:30am Shashank	Mat Pilates 5pm Annie	Qigong for Happiness 2pm La	Easy Yoga/ Meditation 6:30pm Kathleen	Tai Chi Advanced 12-12:30pm Kathy L.	
	Be Balanced 3pm Gretchen	Cardio & Weights 6pm Jan	Be Balanced 3pm Gretchen			
	<b>BODYPUMP</b> 5pm Madison		<b>BODYPUMP</b> 5pm Shanna			
			<b>Les Mills BODYPUMP</b> Registration required at the front desk or in the Member Portal			

<span>■ Studio C</span> <span>■ MedEx Studio</span> <span>■ Sports Arena</span> <span>■ KLC Gym</span>						
SU	MO	TU	WE	TH	FR	SA
	TRX 9am James	Boot Camp 9:30am Varies	Total Body 6am Diane		Functional Movement 9am Gretchen	Tabata 8am Kathie
	Table Pilates 12pm Kathleen	Core & More 10-10:30am Jen H.	TRX 9am James		Boot Camp 9:30am Varies	
		Kettlebell TRX 5pm James			Table Pilates 12pm Varies	

Studio B – Mind & Body/Spinning						
SU	MO	TU	WE	TH	FR	SA
Spinning 9am Jen H.	Reformer Tower* 7am Mike	Spinning 9am Jen H.	Reformer Tower* 7am Mike	Reformer Tower* 7am Marie	Pilates Reformer* 9:30am Lynne	Spinning 9am Megan T.
Spin Extra Burn 10-10:20am Jen H.	Reformer Tower* 10:30am Lynne		Pilates Reformer* 11am Lynne	Reformer Tower* 8:30am Marie	Pilates Reformer* 10:30am Lynne	Reformer Tower* 10am Mike
	Reformer Tower* 5pm Mike		Spinning 5:30pm Jen H.	Basic Pilates Reformer* 11:30am Lynne		Reformer Tower* 11:30am Marie
	Spinning 6pm Jane H.			Reformer Tower* 5pm Mike		

<span>■ Lap Pool</span> <span>■ Warm Water Pool</span>						
SU	MO	TU	WE	TH	FR	SA
Ai Chi 11:15am Naomi	Deeply Fit 9:30am Meg	Deeply Fit 9:30am Karen	Deeply Fit 9:30am Meg	Aqua Strong Boards* 7:45am Megan	Deeply Fit 9:30am Latoya	Deeply Fit 10:15am Latoya
	Aquacise 10:15am Megan	Aquabata 10:30am Megan	Aquacise 10:15am Kim	Deeply Fit 9:30am Kathy	Aquacise 10:15am Caroline	
	Aqua Strong Boards* 10:30am Karen	Dual Depth 11:30am Latoya	Fluid Moves 11:30am Kim	Dual Depth 11:30am Kathy		
	Fluid Moves 11:30am Latoya	Power Waves 6:30pm Caroline	Extreme Power 5:30pm Caroline	Aqua S.M.I.L.E. 5:30pm Latoya	Fluid Moves 11:30am Caroline	
	Aqua S.M.I.L.E. 5:30pm Caroline		Cardio Splash 6:30pm Latoya	Deeply Fit 6:30pm Latoya		

## Land Group Fitness

**Be Balanced** (1) Train the muscles you need to improve your balance and increase core strength.

**Bender Barre** (2,3) Uses the barre and a variety of equipment in a body-sculpting circuit.

**Boot Camp** (2,3) Total body workout improves strength and cardiovascular fitness using intervals.

**Cardio & Weights** (2,3) A little cardio mixed with weights to challenge all fitness parameters.

**Dance Fit** (2,3) Low and high intensity dance class choreographed to a variety of music.

**Fit for Gold** (1) Designed specifically for those in their "Golden Years". Cardio and weight training to improve strength and endurance.

**H.I.I.T.** (2,3) High Intensity Interval Training focusing on functional compound movements for full body training.

**BODYPUMP** (3) Total body strength workout that will shape and tone all your major muscle groups fast. The class uses light to moderate hand weights and body bars with high repetition.

**Sculpt** (2,3) Uses hand weights and body bars to tone and strengthen major muscle groups.

**Spinning** (2,3) Indoor cycling class combining cardiovascular, endurance and strength training for an ultimate calorie burning session.

**Kettlebell** (2,3) Kettlebell training includes dynamic moves that target endurance, strength, balance, and cardio endurance.

**TRX** (all levels) Cardio and resistance workout using suspended strap, all the while engaging your core.

**Strength & Stability** (2,3) Use hand weights and dynamic movements to increase strength and improve balance. Challenges all major muscle groups.

**Tabata** (2,3) High intensity interval workout. Exercises change every four minutes.

**Total Body** (2,3) Intense muscular endurance exercises utilizing a variety of equipment.

**Zumba** (2,3) Low and high intensity dance fitness choreographed to Latin-inspired music.

**Functional Movement** (all levels) is a movement sequence based on real-world situations. Common movements include things like sitting down, standing up, walking, tying shoes

## Mind Body – Pilates, Tai Chi & Yoga

**\*Basic Pilates Reformer** (all levels) A Pilates Reformer workout for beginner students and for people with health/mobility concerns.

**\*Pilates Reformer** (2,3) Exercises on the reformer machine promote length, strength, flexibility and balance.

**\*Reformer Tower** (all levels) Reformer using tower and trapeze.

**Table Pilates** (1) For those who may struggle to get on the floor, this class utilizes a raised table in place of the mat while performing modified Pilates exercises.

**Qigong for Tai Chi** (1, 2) Easy to learn basic moves to improve balance and reduce the risk of falling. (Standing majority of class)

**Tai Chi Advance** (2,3) For advanced students to learn Tai Chi forms with a sword or a fan. It is by invitation only from the instructor.

**Core & More** (all levels) focuses on strengthening the core muscles, while also incorporating exercises that benefit other muscle groups and improve overall fitness.

**Cardio YoPi** (2,3) Yoga and Pilates combined with light cardio improves flexibility, core strength, & increases cardiovascular endurance.

**Chair Yoga** (all levels) Gentle yoga done mostly from a seated position. Improves musculoskeletal fitness, flexibility & sense of well-being.

**Hatha Yoga** Slow and relaxed yoga movements.

**Hatha** (2,3) Yoga postures and breathing. Poses flow from standing to seated and combine breath work to enhance the mind-body connection.

**Yin Yoga** (all levels) Poses are held longer to benefit tight muscles and target deep connective tissue.

**Qigong for Health & Happiness** (all levels) The use of simple poses, breathing techniques, and guided meditation to unlock stagnate energy and promote a healthy a flow of qi (Chee).

**Yoga Flow Stretch** (1,2) Gentle yoga poses combined with stretching.

**Yogalates** (all levels) A fusion of Yoga and Pilates. Increases flexibility, strengthens core muscles while also creating a sense of inner calm, and overall well-being.

**Integrated Yoga** (all levels) Integrated Yoga practice blends in key elements of Yoga by raising the awareness of the power of proper breathing, preparing you to take on daily challenges of life and help you enjoy a stress-free life.

## Pilates

**Pilates Fusion** (all levels) Pilates Fusion is a Mat Pilates class that strengthen your core, sculpt your muscles, and increase flexibility with a fusion of practices.

*\*Fee Based: Pilates Reformer*