

Studio A – Group Fitness						
SU	MO	TU	WE	TH	FR	SA
Les Mills Shapes 9am Claude	Sculpt 6am Diane	Les Mills BODYPUMP 6am Caroline	Yin Yoga 7am Deane	Les Mills Shapes 6am Marie	Total Body 6am Diane	Gentle Yoga 7:30am Deana
Les Mills BODYPUMP 10am Claude	Hatha Yoga 10am Tetyana	Cardio YoPi 9am Tetyana	Fit for Gold 10am Lynne	Yogalates 9:30am Tetyana	Morning Yoga 7am Lainie	Les Mills Shapes 9am Marie
Hatha Yoga 11:30am Tetyana	Stability & Strength 12pm Lynne	Dance Fit 10am Julie	Yin Yoga 11am Tetyana	Dance Fit 10:30am Julie	Hatha Yoga 9am Stacy	Sculpt 10am Marie
	Be Balanced 3pm Gretchen	Chair Yoga 11am Shashank	Stability & Strength 12pm Lynne	Chair Yoga 12pm Kathleen	Dance Fit 10am Julie	Chair Yoga 11am Kathleen
	Les Mills BODYPUMP 5:30pm Shanna	Yoga Flow 12pm Kathleen	Chair Yoga 1pm Kathleen	H.I.I.T. 5:30pm Megan S.		
	Les Mills Shapes 6:30pm Shanna	Mat Pilates 5pm Annie	Be Balanced 3pm Gretchen	Yin Yoga 6:30pm Kathleen		
		H.I.I.T. 6pm Jan	Les Mills BODYPUMP 5:30pm Shanna			
				Les Mills BODYPUMP Registration required at the front desk or in the Member Portal		

Studio B – Pilates Reformer/Spinning						
SU	MO	TU	WE	TH	FR	SA
Spinning 9am Jen	Reformer Tower* 7am Mike	Spinning 9am Jen	Reformer Tower* 7am Mike	Reformer Tower* 7am Marie	Pilates Reformer* 9:30am Lynne	Spinning 9am Megan S.
Spin Extra Burn 10-10:30am Jen	Reformer Tower* 11am 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	Basic Pilates Reformer* 11:30am Lynne		Reformer Tower* 11:30am Marie
	Spinning 6:15pm Jane			Reformer Tower* 5pm Mike		

Lap Pool Warm Water Pool						
SU	MO	TU	WE	TH	FR	SA
Ai Chi 11:15am Naomi	Aqua Strong Boards* 8:30am Karen	Deeply Fit 9:30am Karen	Deeply Fit 9:30am Meg	Aqua Strong Boards* 7:45am Megan	Deeply Fit 9:30am Varies	Deeply Fit 10:15am Varies
	Deeply Fit 9:30am Meg	Aquabata 10:30am Megan	Aquacise 10:15am Megan	Deeply Fit 9:30am Agnes	Aquacise 10:15am Caroline	
	Aquacise 10:15am Varies	Dual Depth 11:30am Varies	Fluid Moves 11:30am Varies	Dual Depth 11:30am Agnes	ABS Aqua Combat 10:30am Megan	
	Fluid Moves 11:30am Varies	Power Waves 6:30pm Caroline	Extreme Power 5:30pm Caroline	Aquacise 5:30pm Varies	Fluid Moves 11:30am Caroline	
	Aquacise 5:30pm Agnes		Cardio Splash 6:30pm Varies	Deeply Fit 6:30pm Varies		

Studio C MedEx Studio Sports Arena						
SU	MO	TU	WE	TH	FR	SA
	TRX 9am James	Functional Circuit Training 9:30am Megan F.	Total Body 6am Diane		Functional Movement 9am Gretchen	Tabata 8am Kathie
	Table Pilates 12pm Lori	Core & More 10-10:30am Jen	TRX 9am James		Boot Camp 9:30am Shae	
		Kettlebell/ TRX 5pm James			Table Pilates 10am Lori	

Land Group Fitness

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

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.

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

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.

Functional Circuit Training (all levels) Circuit style class that will get your total body moving.

Functional Movement (all levels) circuit style class utilizes functional fitness equipment that will improve strength, balance, and mobility through many stages of life. Exercise modifications and progressions will grow with your specific needs to help you maintain your active lifestyle. Come meet upstairs in the functional playground for an energizing weekly workout.

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

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

LES MILLS 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.

LES MILLS Shapes (all levels) A low impact blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

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

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

Spin Extra Burn (all levels) A quick 30 min Indoor cycling class combining cardiovascular, endurance and strength training for an ultimate calorie burning session.

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.

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

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.

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

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

***Reformer Tower** (2,3) 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.

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.

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 (all levels) Slow and relaxed yoga movements.

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 (all levels) a group of yoga poses placed orderly in the most intelligent way possible and practiced meet a specific purpose. In most cases, it helps to gain strength, power, balance, stability, and confidence.

Yogalates (2,3) A fusion of Yoga and Pilates. Increases flexibility, strengthens core muscles while also creating a sense of inner calm, and overall well-being.

Yoga Breathwork (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.

Gentle Yoga (all levels) Calming practice that emphasizes mindful movement and breath awareness. Designed to promote relaxation and flexibility while reducing stress.

Morning Yoga (all levels) Connecting with breath and flow in this dynamic practice. This class is adaptable to fit your needs while creating a deeper connection between mind, body, and breath.

**Fee Based: Pilates Reformer*