




















































# Hendrick – South / Virtual & Live / GX Schedule October - December

Key:  = virtual class    Gray highlight= live class

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 a.m.		 Les Mills <b>CORE</b>	 <b>LES MILLS</b> BODYATTACK®	 Les Mills <b>CORE</b>	 <b>LES MILLS</b> BODYCOMBAT®	 <b>LES MILLS</b> GRIT   <b>CARDIO</b>	
4:30 a.m.							
5 a.m.		 <b>LES MILLS</b> THE TRIP COMPETE	 <b>LES MILLS</b> BODYPUMP®	 <b>LES MILLS</b> RPM	 <b>LES MILLS</b> SH'BAM	 <b>LES MILLS</b> GRIT   <b>ATHLETIC</b>	
6 a.m.	 <b>LES MILLS</b> BODYFLOW®	 <b>LES MILLS</b> sprint	 <b>LES MILLS</b> GRIT   <b>ATHLETIC</b>	 <b>LES MILLS</b> BODYATTACK®  30 minutes	 Les Mills <b>CORE</b>	 <b>LES MILLS</b> sprint	 <b>LES MILLS</b> BODYPUMP®
7:30 a.m.							 <b>LES MILLS</b> GRIT   <b>ATHLETIC</b>
8 a.m.	 <b>LES MILLS</b> BODYPUMP®		Chair Yoga Kathy  8:15 a.m.		Chair Yoga Kathy  8:15 a.m.		 <b>LES MILLS</b> SH'BAM
8:30 a.m.		<b>LES MILLS</b> RPM  Janet		Les Mills  <b>CORE</b>		 <b>LES MILLS</b> THE TRIP COMPETE	
9 a.m.	 Les Mills <b>CORE</b>						 Les Mills <b>CORE</b>
9:30 a.m.		Gentle Yoga Kathy	Active Yoga Terri	Gentle Yoga Kathy	Active Yoga Terri	Gentle Yoga Kathy	 <b>LES MILLS</b> THE TRIP COMPETE  9:45 a.m.
10 a.m.	 <b>LES MILLS</b> GRIT   <b>ATHLETIC</b>						
10:45 a.m.	10:30 a.m.  <b>LES MILLS</b> GRIT   <b>CARDIO</b>	Mat Pilates Kathy		Mat Pilates Kathy		Mat Pilates Kathy	 <b>LES MILLS</b> BODYCOMBAT
11 a.m.							
12 p.m.	 <b>LES MILLS</b> RPM	 <b>LES MILLS</b> THE TRIP COMPETE	 <b>LES MILLS</b> BODYPUMP® (upper)	 <b>LES MILLS</b> BODYCOMBAT®	 <b>LES MILLS</b> GRIT   <b>CARDIO</b>	 <b>LES MILLS</b> BODYPUMP®	 <b>LES MILLS</b> BODYFLOW®
12:30 p.m.			 <b>LES MILLS</b> BODYFLOW® (flexibility)	 Les Mills <b>CORE</b>	 <b>LES MILLS</b> BODYFLOW® (yoga)	 <b>LES MILLS</b> BODYFLOW® (strength)	
1:30 p.m.	 <b>LES MILLS</b> THE TRIP COMPETE						 <b>LES MILLS</b> BODYATTACK®  1:15 p.m.
2:30 p.m.	 <b>LES MILLS</b> SH'BAM						 <b>LES MILLS</b> BODYPUMP®
3:30 p.m.	 <b>LES MILLS</b> BODYCOMBAT®					 <b>LES MILLS</b> GRIT   <b>ATHLETIC</b> 3 p.m. & 3:30 p.m.  <b>LES MILLS</b> GRIT   <b>CARDIO</b>	 Les Mills <b>CORE</b> 3:45 p.m.
4 p.m.			 Les Mills <b>CORE</b> 4:15 p.m.				
4:30 p.m.		 <b>LES MILLS</b> THE TRIP COMPETE		 <b>LES MILLS</b> BODYCOMBAT®	<b>LES MILLS</b> BODYPUMP®  Terri		 <b>LES MILLS</b> GRIT   <b>CARDIO</b>

5 p.m.			 Terri				
5:30 p.m.		Yin Yoga / Restorative Kathy		Yoga Kathy	Yin Yoga / Restorative Kathy 5:35 p.m.		
7 p.m.							
8 p.m.							
8:30 p.m.				 30 min Flexibility			
9 p.m.							

## Staffed Hours of Operation

Monday through Friday 5:00 AM – 7:00 PM

Saturday 8:00 AM – 10:00 AM

24/7 Access with Security Code



**Gentle Yoga:** Yoga for all fitness levels. Most of the class will be on the floor, seated, on the back or on the belly. The focus will change daily. Focus could be on a particular part of the body, strength, balance, stretching, restoring, or all of the above.

**Chair Yoga:** Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga is appropriate for all fitness levels, but can be particularly those with balance issues or anyone who has trouble getting down to and up off of the floor.

**Yin/Restorative Yoga:** Primarily passive poses done close to the ground, which consist of: seated forward folds, hip openers, supine twists, and supported backbends. Poses are held 2-5 minutes per side. A variety of props are used to support the weight of the body. Suitable for all fitness levels.

**Mat Pilates:** Mat Pilates is a strengthening and lengthening form of exercise which focuses on core (trunk) muscles, while also training arms and legs. Great class for all levels of fitness, modifications will be given.

**Active Yoga:** A stress relieving class designed to improve strength, balance, and flexibility with modifications for beginners to experienced individuals.

### **LES MILLS RPM**

is a cycle workout with great music pumping while your instructor takes you on a journey of hill climbs, sprints and flat riding. Riding with the pack will lift your personal performance and boost your cardio fitness. The instructor will help you with your bike set-up, encourage you and be your own personal coach so that can get the most out of your workout.

### **LES MILLS sprint**

is a 30 – minute high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

### **LES MILLS THE TRIP COMPETE**

is a fully immersive workout experience that combines a 40- minute multi-peak cycling workout with a journey through digitally-created worlds and serious calorie burn.

### **LES MILLS**

**BODYFLOW®** is a yoga-based class that will improve your mind, body and life. You'll strengthen and stretch your entire body and leave the class feeling clam and centered.

### Les Mills

**CORE** is a class where you will be guided through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

### **LES MILLS GRIT | STRENGTH**

is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

### **LES MILLS GRIT | ATHLETIC**

is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

### **LES MILLS GRIT | CARDIO**

is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

### **LES MILLS SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

### **LES MILLS**

**BODYCOMBAT®** is a high-energy martial-arts inspired workout. It is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

### **LES MILLS**

**BODYATTACK®** is a high-energy fitness class with moves that cater to total beginners and to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### **LES MILLS**

**BODYPUMP®** is a barbell workout for anyone looking to get lean, tone and fit. This class will help you achieve much more than on your own. Using light to moderate weights with lots of repetition giving you a total body workout beginning with a warm up, ending with stretching. During the course of a 45 or 55 minute class, you will work legs, chest, back, triceps, biceps, shoulders, and core.

### **LES MILLS barre**

is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.