

# Studio 1 // GX Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a.m.		Les Mills <b>CORE</b> Rachael				
5:30 a.m.	<b>LES MILLS</b> BODYPUMP® Mary/Rachel S.	<b>LES MILLS</b> BODYCOMBAT® Rachael		<b>LES MILLS</b> BODYSTEP® Maddie/Johnny – 45 min	<b>LES MILLS</b> BODYPUMP® Mary/Rachel S.	Les Mills <b>CORE</b> 8:30 a.m. - Rachael
8:15 a.m.	<b>ACTIVE LIVING</b> 8:30 a.m. – Janet	<b>LES MILLS</b> BODYPUMP® Rebekah	<b>ACTIVE LIVING</b> 8:30 a.m. – Ruth	<b>LES MILLS</b> BODYPUMP® Mike	<b>ACTIVE LIVING</b> 8:30 a.m. – Blake	<b>LES MILLS</b> BODYPUMP® 9:00 a.m.-Mary & Karissa
9:30 a.m.	<b>ACTIVE LIVING</b> 9:30 a.m. – Blake	<b>LES MILLS</b> BODYFLOW® Rebekah			<b>ACTIVE LIVING</b> 9:30 a.m. – Blake	<b>LES MILLS</b> BODYJAM® 10:15 a.m - Rachael
11:30 a.m.	<b>LES MILLS</b> BODYSTEP® Justin		Les Mills <b>CORE</b> Valerie	<b>LES MILLS</b> BODYSTEP® Johnny		<b>LES MILLS</b> BODYFLOW® Emily / Velvet
Noon	<b>LES MILLS</b> BODYPUMP® Mike & Shawn	<b>LES MILLS</b> BODYSTEP® Ramie & Johnny	<b>LES MILLS</b> BODYCOMBAT® Justin & Ramie	<b>LES MILLS</b> BODYPUMP® Sarah & Karissa		
4:15 p.m.	<b>LES MILLS</b> BODYJAM® Kalee & Rachael	<b>LES MILLS</b> BODYPUMP® Sarah	<b>LES MILLS</b> BODYCOMBAT® Valerie		<b>LES MILLS</b> BODYPUMP® Jared / Crystal	
5:30 p.m.	<b>LES MILLS</b> BODYPUMP® Joseph	<b>LES MILLS</b> BODYSTEP® Justin & Seth	<b>LES MILLS</b> BODYPUMP® Jared & Karissa	<b>LES MILLS</b> BODYCOMBAT® Ramie		

# Studio 2














































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon	<b>LES MILLS</b> BODYFLOW® Karissa		<b>LES MILLS</b> BODYFLOW® Janae		<b>LES MILLS</b> BODYFLOW® Velvet	
2:00 p.m.	 Parkinson's Power moves Susan		 Parkinson's Power moves Susan		 Parkinson's Power moves Susan	
3:00 p.m.	 Parkinson's Power moves Susan		 Parkinson's Power moves Susan		 Parkinson's Power moves Susan	
4:15 p.m.						

5:30 p.m.	<b>LES MILLS BODYFLOW®</b> Rebekah	<b>tone</b> Brianna / Emily		<b>tone</b> Brianna/Emily		

# Cycling studio // Virtual & LIVE

## GX Schedule

Key:  = virtual class    Gray highlight = live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS RPM</b> 30	 <b>LES MILLS RPM</b> 30	 <b>LES MILLS sprint</b> 30	
5:30 a.m.	 <b>LES MILLS RPM</b> 50	 <b>THE TRIP COMPETE</b> 40	<b>THE TRIP COMPETE</b> Rachael	 <b>LES MILLS RPM</b> 50	 <b>THE TRIP COMPETE</b> 40	
7:15 a.m.	 <b>THE TRIP COMPETE</b> 40	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS sprint</b> 30	 <b>THE TRIP COMPETE</b> 40	
8:30 a.m.	<b>LES MILLS RPM</b> Josh M	 <b>LES MILLS sprint</b> 30	<b>THE TRIP COMPETE</b> Josh M	 <b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> Valerie	
9:45 a.m.	 <b>LES MILLS sprint</b> 30	 <b>THE TRIP COMPETE</b> 40	 <b>LES MILLS sprint</b> 30	 <b>THE TRIP COMPETE</b> 40	 <b>LES MILLS sprint</b> 30	<b>THE TRIP COMPETE</b> 9:15 a.m. - Rachael
10:15 a.m.	 <b>THE TRIP COMPETE</b> 40		 <b>LES MILLS RPM</b> 50		 <b>LES MILLS RPM</b> 50	 <b>LES MILLS RPM</b> 50
Noon	 <b>LES MILLS sprint</b> 30  <b>LES MILLS RPM</b> 50	<b>THE TRIP COMPETE</b> Josh M	 <b>LES MILLS sprint</b> 30  <b>LES MILLS RPM</b> 50	 <b>THE TRIP COMPETE</b> 40	<b>THE TRIP COMPETE</b> Kalee	 <b>LES MILLS sprint</b> 30  <b>LES MILLS RPM</b> 30
4:30 p.m.	<b>THE TRIP COMPETE</b> 4:35 p.m. - Linda	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS sprint</b> 30	 <b>THE TRIP COMPETE</b> 40	 <b>LES MILLS RPM</b> 50	
5:30 p.m.	<b>THE TRIP COMPETE</b> Josh S	<b>THE TRIP COMPETE</b> Karissa / Kate	<b>THE TRIP COMPETE</b> Josh S	<b>THE TRIP COMPETE</b> Rachael	 <b>THE TRIP COMPETE</b> 40	
6:30 p.m.	 <b>THE TRIP COMPETE</b> 40	<b>THE TRIP COMPETE</b> Ron	 <b>THE TRIP COMPETE</b> 40	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS RPM</b> 50	
8:00 p.m.	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS RPM</b> 30	 <b>LES MILLS sprint</b> 30	 <b>LES MILLS RPM</b> 30		

# Pool

	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	Friends and Water Dee		Friends and Water Dee		Aqua Blast Janet
7 a.m.	H2O Splash Dee		Friends and Water Dee		Forever Fit Sherry
10 a.m.		Stretch & Tone Lisa		Stretch & Tone Lisa	
Noon	Making Waves Kelly	Wet N' Wild Kelly	Making Waves Kelly	Wet N' Wild Kelly	Making Waves Kelly
1:00-1:45 and 1:45-2:30 p.m.	Open Walking	Open Walking	Open Walking	Open Walking	Open Walking
5 p.m.	H2O Splash Katie	Aqua Blast Janet	Dancing in the Moon Light Sherry	Aqua Blast Janet	TGIF Sherry

Pool is located inside Hendrick Center for Rehabilitation, 1934 Hickory St.