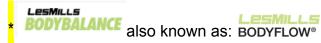
Studio 1 // GROUP FITNESS SCHEDULE – Fall – September, October, November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a.m.		LesMills CORE Rachael				
5:30 a.m.	LESMILLS BODYPUMP® Mary	LESMILLS BODYCOMBAT® Rachael		BODYSTEP® Maddy & Johnny	LESMILLS BODYPUMP® Rachel S	
8:15 a.m.		LESMILLS BODYPUMP® Rebekah		LESMILLS BODYPUMP® Mike		LesMills CORE 8:30 a.m. Rachael
9:00 a.m.	ACTIVELIVING Janet		ACTIVELIVING Ruth		ACTIVELIVING Blake	LESMILLS BODYPUMP [®] Mary
9:30 a.m.	ACTIVELIVING Velvet	* Rebekah				BODYJAM® 10:15 a.m - Rachael
11:30 a.m.	LESMILLS BODYSTEP® Justin		LesMills CORE Velvet	LESMILLS BODYSTEP® Johnny	LESMILLS BODYCOMBAT® Mercedes	* BODYBALANCE Emily
Noon	LESMILLS BODYPUMP® Mike & Shawn	LESMILLS BODYSTEP® Ramie & Johnny	LESMILLS BODYCOMBAT® Justin & Ramie	LESMILLS BODYPUMP® Sarah	LesMills CORE - Mary LESMILLS BODYBALANCE 30 min each - Velvet	
4:15 p.m.	LESMILLS BODYJAM® Kalee & Rachael	LESMILLS BODYPUMP® Kate	LESMILLS BODYCOMBAT® Valerie		LESMILLS BODYPUMP® Jared / Joseph	

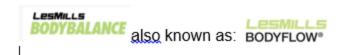
	LESMILLS BODYPUMP® Jared	BODYSTEP® Justin & Seth	LESMILLS BODYPUMP® Joseph	5:30 p.m.
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Studio 2 // GROUP FITNESS SCHEDULE – Fall - September, October, November

	Monday	Tuesday	Wednesda y	Thursday	Friday	Saturday
		0.41.7		0 41 7		
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon	Lesmills BODYBALANCE Janae		BODYBALANCE Janae			
2:00 p.m. & 3:00 p.m.	Parkinson's Power moves- Susan		Parkinson's Power moves- Susan		Parkinson's Power moves- Susan	
5:30 p.m.	Rebekah	tone Brianna / Emily		LESMILLS BODYBALANCE 30 minutes each Brianna / Emily		
6:00 pm		Brianna/ Emily				

Gentle Yoga: For all fitness levels. Most of the class will be taught on the floor, seated, on the back or 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.



Cycling Studio // Virtual & Live GF SCHEDULE Fall – September, October, November

Key: **⊙** = virtual class Gray highlight = live class

	Monday	Tuesday	Wednesda y	Thursday	Friday	Saturday
5:00 a.m.	Osprint ₃₀	Sprint ₃₀	O RPM 30	PPM 30	Sprint ₃₀	
5:30 a.m.	O RPM 50	THE TRIP COMPETE 40	THE TRIP COMPETE Rachael	PPM 50	THE TRIP 40	
7:15 a.m.	THE TRIP	Osprint ₃₀	⊗Sprint ₃₀	Sprint ₃₀	THE TRIP COMPETE 40	⊙sprint ₃₀ 8:00 a.m.
8:30 a.m.	LESMILLS RPM Josh M.	Sprint ₃₀	THE TRIP COMPETE JOSH M.	Sprint 30	RPM Valerie	Sprint ₃₀
9:45 a.m.	Sprint ₃₀	THE TRIP COMPETE 40	Osprint ₃₀	THE TRIP COMPETE 40	Sprint ₃₀	THE TRIP COMPETE 9:15 a.m Rachael
10:15 a.m.	THE TRIP		O RPM 50		PPM 50	D RPM 50

Noon	Sprint 30 Lesmills RPM 30	THE TRIP COMPETE JOSH M.	Sprint ₃₀ PRPM 30	THE TRIP	THE TRIP COMPETE Kalee	Sprint ₃₀ Lesmills RPM 30
4:30 p.m.	THE TRIP COMPETE 4:35 pm - Linda	Osprint ₃₀	Osprint ₃₀	THE TRIP COMPETE 40	O RPM 50	
5:30 p.m.	THE TRIP COMPETE JOSH S.	THE TRIP COMPETE Kate	THE TRIP COMPETE JOSH S.	THE TRIP COMPETE Rachael	THE TRIP COMPETE 40	
6:30 p.m.	THE TRIP 40	THE TRIP COMPETE RON	THE TRIP 40	Sprint ₃₀	ESMILLS 50	
8:00 p.m.	Osprint ₃₀	ESMILLS RPM 30	OSPRINT 30	PPM 30		

Pool // GROUP FITNESS SCHEDULE — Fall – September, October,

November

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

	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	Open Walking	Open Walking	Open Walking	Open Walking	Open Walking
p.m.	Kelly	Sherry	Kelly	Sherry	Kelly
1:45- 2:30	Open Walking	Open Walking	Open Walking	Open Walking	Open Walking
p.m.	Kelly	Sherry	Kelly	Sherry	Kelly
5 p.m.	H2O Splash Katie	Aqua blast Janet	Dancing in the Moon Light Sherry	Aqua blast Janet	TGIF Sherry

Pool- Class descriptions

Levels of classes: 1 = Beginner; 2 = Intermediate; 3 = Advanced

Mix it up- An hour class that focuses on a mixture of stretches, cardio and strength training. This class contains a lot of fellowship and laughs. Level 2

Friends and Water- A combination of stretching and calisthenics with the support and resistance of water. This is a great place and time to be with old & new friends while improving your health. Level 2 or 3.

H2O Splash- An hour class that focuses on strength and toning. This class is composed of a wide range of activities like interval jogging, kick- boxing, water walking, tabata style workouts and more. Modifications are given to make workouts more or less intense. This class is between a level 2 and 3.

Dancing in the Moon Light — This hour class is filled with fun dance moves to the tune of great oldies and current music genres. Come and party in the pool with your friends. Level 1 or 2.

Stretch & Tone- This hour class has a focus on mainly stretching your muscles and toning through strength training. This class contains a lot of fellowship and laughs. Level 1

Wet N' Wild- A low level intensity class that reduces the impact on bones and joints. The workout includes range of motion, resistance exercises, balance and low-level aerobic exercises. Level 1

H2O fit- H2O fit is a high intensity workout that will get your heart rate up. This class is a great way to tone the lower and upper body with combined use of resistance training, cardio and core exercises. Ready, set, let's get wet! Level 3

Making waves- This class is a medium intensity class that incorporates movement for the core, lower and upper body. It's a fun way to improve flexibility, heart health, strength and balance. Don't let gravity pull you down. Jump in and make waves with us. Level 2

Otters in Action - This class is a mixture of a high-energy cardio workout, blended with balance and/or upper body strengthening. Everyone in encouraged to exercises at their desired level while we create a fun workout experience together. This class is between a level 2 and 3.

Aqua blast- This high intensity class is designed to build cardio-respiratory endurance as well as muscular strength endurance and coordination. A variety of continuous movements are utilized to gain strength and endurance. Noodles, buoys and other modalities are incorporated into the class to increase intensity and obtain larger strength gains. Level 3

Forever fit- Exercising in water is a good option for anyone needing a workout designed to enhance movement, range of motion, muscle tone, flexibility and cardio. We always have a great time with great people. Level 2

TGIF - After a week of stress on your body and mental fatigue, this class has a focus on core, joint care, resistance movements and lots of stretching. This class is a great way to start your weekend. Level 1