




Studio 1 // GROUP FITNESS SCHEDULE – WINTER – December & January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	LES MILLS BODYPUMP® Mary	LES MILLS BODYCOMBAT® Rachael M	LES MILLS BODYPUMP® Madeline		LES MILLS BODYPUMP® Rachel S	
8:15 a.m.		LES MILLS BODYPUMP® Rebekah		LES MILLS BODYPUMP® Mike		
8:30 a.m.	ACTIVE LIVING Focus - Resistance Janet					LesMills CORE Rachael M
9:00 a.m.			ACTIVE LIVING Focus – Cardio Ruth		ACTIVE LIVING Focus – Balance/Flexibility Velvet	LES MILLS BODYPUMP® Mary / Sarah
9:30 a.m.	ACTIVE LIVING Focus – Resistance Velvet	LES MILLS BODYBALANCE Rebekah				LES MILLS BODYJAM® 10:15 a.m. Rachael M & Mary
11:30 a.m.	LES MILLS BODYSTEP® Ramie		LesMills CORE Velvet	LES MILLS BODYSTEP® Johnny	LES MILLS BODYCOMBAT® Rachael M	LES MILLS BODYBALANCE Emily / Velvet
Noon	LES MILLS BODYPUMP® Mike & Shawn	LES MILLS BODYSTEP® Maddy & Johnny	LES MILLS BODYCOMBAT® Rachael M	LES MILLS BODYPUMP® Sarah & Rachael	LesMills CORE Mary	
12:30 p.m.					LES MILLS BODYBALANCE Velvet	

2 p.m. & 3 p.m.	 Parkinson's Power moves- Susan		 Parkinson's Power moves- Susan		 Parkinson's Power moves- Susan	
4:30 p.m.	LES MILLS BODYJAM® Rachael M.	LES MILLS BODYPUMP® Kate	LES MILLS BODYCOMBAT® Mercedes		LES MILLS BODYPUMP® Jared / Joseph	
5:35 p.m.	LES MILLS BODYPUMP® Joseph	LES MILLS BODYSTEP® Justin & Seth	LES MILLS BODYPUMP® Rachel S	LES MILLS BODYCOMBAT® Ramie & Justin		

Studio 2 // GROUP FITNESS SCHEDULE – *WINTER* – December & January
















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			LesMills CORE Rachael M			
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon	LES MILLS BODYBALANCE Janae		LES MILLS BODYBALANCE Janae			

5:30 p.m.	 Rebekah	 Emily & Brianna / Lauren				

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 *WINTER – December & January*

Key:  = virtual class Gray highlight= live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.						
5:30 a.m.			 Rachael M.			
7:15 a.m.						 8:00 a.m.

8:30 a.m.	LES MILLS RPM Josh M. & Rachael M.	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE Josh M.	LES MILLS sprint 30	LES MILLS RPM Valerie	LES MILLS sprint 30
9:45 a.m.	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE 40	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE 40	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE 9:15 a.m. - Rachael M.
10:15 a.m.	LES MILLS THE TRIP COMPETE 40		LES MILLS RPM 50		LES MILLS RPM 50	LES MILLS RPM 50
Noon	LES MILLS sprint 30 LES MILLS RPM 30	LES MILLS THE TRIP COMPETE Josh M.	LES MILLS sprint 30 LES MILLS RPM 30	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE Rachael M.	LES MILLS sprint 30 LES MILLS RPM 30
4:30 p.m.	LES MILLS THE TRIP COMPETE 4:35 p.m. - Linda	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS THE TRIP COMPETE 40	LES MILLS RPM 50	
5:30 p.m.	LES MILLS THE TRIP COMPETE Josh S.	LES MILLS THE TRIP COMPETE Ron	LES MILLS THE TRIP COMPETE Josh S.	LES MILLS THE TRIP COMPETE Kate	LES MILLS THE TRIP COMPETE 40	
6:30 p.m.	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE Ron	LES MILLS THE TRIP COMPETE 40	LES MILLS sprint 30	LES MILLS RPM 50	
8:00 p.m.	LES MILLS sprint 30	LES MILLS RPM 30	LES MILLS sprint 30	LES MILLS RPM 30		

Pool // GROUP FITNESS SCHEDULE – WINTER – December & January

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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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 p.m.	Open Walking Kelly	Open Walking Sherry	Open Walking Kelly	Open Walking Sherry	Open Walking Kelly
1:45- 2:30 p.m.	Open Walking Kelly	Open Walking Sherry	Open Walking Kelly	Open Walking Sherry	Open Walking 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 is encouraged to exercise 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