




## Studio 1 // GROUP FITNESS SCHEDULE – *Spring – February, March, April*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	<b>LES MILLS</b> BODYPUMP® Mary	<b>LES MILLS</b> BODYCOMBAT® Rachael M	<b>LES MILLS</b> BODYPUMP® Madeline		<b>LES MILLS</b> BODYPUMP® Rachel S <b>45 min</b>	
8:15 a.m.		<b>LES MILLS</b> BODYPUMP® Rebekah		<b>LES MILLS</b> BODYPUMP® Mike		
8:30 a.m.	<b>ACTIVE LIVING</b> Focus - Resistance Janet					LesMills <b>CORE</b> Rachael M
9:00 a.m.			<b>ACTIVE LIVING</b> Focus – Cardio Ruth		<b>ACTIVE LIVING</b> Focus – Balance/Flexibility Velvet	<b>LES MILLS</b> BODYPUMP® Mary / Rachel S
9:30 a.m.	<b>ACTIVE LIVING</b> Focus – Resistance Velvet	<b>LES MILLS</b> BODYBALANCE Rebekah				<b>LES MILLS</b> BODYJAM® <b>10:15 a.m</b> Rachael M & Mary
11:30 a.m.	<b>LES MILLS</b> BODYSTEP® Ramie		LesMills <b>CORE</b> Velvet	<b>LES MILLS</b> BODYSTEP® Johnny	<b>LES MILLS</b> BODYCOMBAT® Rachael M	<b>LES MILLS</b> BODYBALANCE Emily / Velvet
Noon	<b>LES MILLS</b> BODYPUMP® Mike & Shawn	<b>LES MILLS</b> BODYSTEP® Maddy & Johnny	<b>LES MILLS</b> BODYCOMBAT® Rachael M	<b>LES MILLS</b> BODYPUMP® Sarah & Rachael	LesMills <b>CORE</b> Mary	
12:30 p.m.					<b>LES MILLS</b> 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.	<b>LES MILLS</b> BODYJAM® Rachael M.	<b>LES MILLS</b> BODYPUMP® Kate	<b>LES MILLS</b> BODYCOMBAT® Mercedes		<b>LES MILLS</b> BODYPUMP® Jared / Joseph	
5:35 p.m.	<b>LES MILLS</b> BODYPUMP® Joseph	<b>LES MILLS</b> BODYSTEP®  Justin & Seth	<b>LES MILLS</b> BODYPUMP® Rachel S	<b>LES MILLS</b> BODYCOMBAT® Ramie & Justin		

## Studio 2 // GROUP FITNESS SCHEDULE – *Spring – February, March, April*
















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.			LesMills <b>CORE</b> Rachael M			
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon	<b>LES MILLS</b> BODYBALANCE Janae		<b>LES MILLS</b> 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 *Spring – February, March, April*

Key: 🎧 = virtual class    Gray highlight= live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	🎧  30	🎧  30		🎧  30	🎧  30	
5:30 a.m.	🎧  50	🎧  40	 Rachael M.	🎧  50	🎧  40	
7:15 a.m.	🎧  40	🎧  30	🎧  30	🎧  30	🎧  40	 30 <span style="background-color: yellow;">8:00 a.m.</span>

8:30 a.m.	<b>LES MILLS RPM</b> Josh M. & Rachael M.	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP COMPETE</b> Josh M.	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> Valerie	<b>LES MILLS sprint</b> 30
9:45 a.m.	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP COMPETE</b> 9:15 a.m. - Rachael M.
10:15 a.m.			<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> 30	<b>LES MILLS THE TRIP COMPETE</b> Josh M.	<b>LES MILLS sprint</b> 30 <b>LES MILLS RPM</b> 30	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS THE TRIP COMPETE</b> Rachael M.	<b>LES MILLS sprint</b> 30 <b>LES MILLS RPM</b> 30
4:30 p.m.	<b>LES MILLS THE TRIP COMPETE</b> 4:35 p.m. - Linda	<b>LES MILLS sprint</b> 30	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS RPM</b> 50	
5:30 p.m.	<b>LES MILLS THE TRIP COMPETE</b> Josh S.	<b>LES MILLS THE TRIP COMPETE</b> Ron	<b>LES MILLS THE TRIP COMPETE</b> Josh S.	<b>LES MILLS THE TRIP COMPETE</b> Linda	<b>LES MILLS THE TRIP COMPETE</b> 40	
6:30 p.m.	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS THE TRIP COMPETE</b> 40	<b>LES MILLS sprint</b> 30		
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 // GROUP FITNESS SCHEDULE – Spring – February, March, April

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

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

6 a.m.	<b>Friends and water</b> Dee		<b>Friends and water</b> Dee		<b>Aqua blast</b> Janet
7 a.m.	<b>H2O Splash</b> Dee		<b>Friends and water</b> Dee		<b>Forever fit</b> Sherry
10 a.m.		<b>Stretch &amp; Tone</b> Lisa		<b>Stretch &amp; Tone</b> Lisa	
Noon	<b>Making waves</b> Kelly	<b>Wet N' Wild</b> Kelly	<b>Making waves</b> Kelly	<b>Wet N' Wild</b> Kelly	<b>Making waves</b> 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.	<b>H2O Splash</b> Katie	<b>Aqua blast</b> Janet	<b>Dancing in the Moon Light</b> Sherry	<b>Aqua blast</b> Janet	<b>TGIF</b> 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