




# Studio 1 // GROUP FITNESS SCHEDULE –

	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® 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 –Balance / Flexibility Velvet		<b>ACTIVE LIVING</b> Focus – Cardio Velvet	<b>LES MILLS</b> BODYPUMP® Mary / Madeline
9:30 a.m.		<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> Mary	<b>LES MILLS</b> BODYSTEP® Maddy	<b>LES MILLS</b> BODYCOMBAT® Rachael M	<b>LES MILLS</b> BODYBALANCE Janae / Emily / Velvet
Noon	<b>LES MILLS</b> BODYPUMP® Mike & Shawn	<b>LES MILLS</b> BODYSTEP® Maddy & Johnny	<b>LES MILLS</b> BODYCOMBAT® Ramie & Rachael M	<b>LES MILLS</b> BODYPUMP® Sarah & Rachael	LesMills <b>CORE</b> Mary <b>45 min*</b>	
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® Jared & Madeline		<b>LES MILLS</b> BODYPUMP® Jared / Joseph	
5:35 p.m.	<b>LES MILLS</b> BODYPUMP® Joseph	<b>LES MILLS</b> BODYSTEP®  Seth		<b>LES MILLS</b> BODYCOMBAT® Ramie & Mercedes		

LesMills **CORE** – 30 minutes classes and \*45 minute classes are the same as the 30 minutes except the 45 minute classes' offer 3 more working tracks and a Stretching track.

With LesMills **CORE** you will be guided through correct technique as you work with resistance bands and weight plates, as well as body weight exercises. You will also get into some hip, butt and lower back exercises. A stronger core makes you better at all things that you do. Burn Rate Average – 210-500 calories.

## Studio 2 // GROUP FITNESS SCHEDULE –






























	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  Kalee		<b>LES MILLS</b> BODYBALANCE  Velvet	

5:30 p.m.	 Rebekah	LesMills <b>CORE</b> 30 min Velvet  6:05 – 6:35pm Velvet			
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**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 –

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 8:00 a.m.

8:30 a.m.	<b>LES MILLS RPM</b> Josh 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> 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> Mercedes	<b>LES MILLS THE TRIP COMPETE</b> Ron	<b>LES MILLS THE TRIP COMPETE</b> Kalee	<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 –

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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6 a.m.	<b>Friends and water</b> Dee		<b>Friends and water</b> Dee		<b>Aqua blast</b> Samantha
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