




Group Fitness **SUMMER** Schedule – Key: Studio 1 // Studio 2 // Cycle

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|---|--|---|--|---|
| 5:00 a.m. | | | LesMills CORE Rachael | | | |
| 5:30 a.m. | LES MILLS BODYPUMP® Mary | LES MILLS BODYCOMBAT® Rachael | | | LES MILLS BODYPUMP® Madeline | |
| 5:35 a.m. | | | <small>LES MILLS</small> THE TRIP COMPETE Rachael | <small>LES MILLS</small> THE TRIP COMPETE Kalee | | |
| 8:15 a.m. | | LES MILLS BODYPUMP® Rebekah | | LES MILLS BODYPUMP® Mike | | |
| 8:30 a.m. | ACTIVE LIVING Janet | | ACTIVE LIVING Ruthie | | ACTIVE LIVING Ruthie | LesMills CORE Rachael |
| 8:30 a.m. | LES MILLS RPM Valerie | | <small>LES MILLS</small> THE TRIP COMPETE Josh | | LES MILLS RPM Valerie | |
| 9:00 a.m. | | | | | | LES MILLS BODYPUMP® Mary / Madeline |
| 9:15 a.m. | | | | | | <small>LES MILLS</small> THE TRIP COMPETE Rachael |
| 9:30 a.m. | | <small>LES MILLS</small> BODYBALANCE Rebekah | | | | <small>LES MILLS</small> BODYBALANCE Velvet |
| 9:30 a.m. | | ACTIVE LIVING Janet | | ACTIVE LIVING Janet | | |
| 11:30 a.m. | <small>LES MILLS</small> BODYSTEP® Ramie | | LesMills CORE Mary | | <small>LES MILLS</small> BODYSTEP® Maddie | |
| Noon | LES MILLS BODYPUMP® Mike & Shawn | <small>LES MILLS</small> BODYSTEP® Johnny & Maddie | LES MILLS BODYCOMBAT® Ramie & Rachael | LES MILLS BODYPUMP® Sarah & Rachael | 12-12:30pm LesMills CORE – Mary <small>LES MILLS</small> BODYBALANCE Flexibility 12:30-1pm Velvet | |
| Noon | | | <small>LES MILLS</small> BODYBALANCE Kalee | | | |
| Noon | <small>LES MILLS</small> THE TRIP COMPETE Josh | | <small>LES MILLS</small> RPM Valerie | | <small>LES MILLS</small> THE TRIP COMPETE Rachael | |
| 2:00 & 3:00pm |  Parkinson's Power moves | |  Parkinson's Power moves | |  Parkinson's Power moves | |
| 4:30 p.m. | LES MILLS BODYJAM® Rachael | | LES MILLS BODYPUMP® Jared & Madeline | | LES MILLS BODYPUMP® Jared & Joseph | |
| 4:30 p.m. | <small>LES MILLS</small> THE TRIP COMPETE Linda | | <small>LES MILLS</small> THE TRIP COMPETE Mercedes | | | |
| 5:30 p.m. | LES MILLS BODYPUMP® Joseph & Seth | <small>LES MILLS</small> BODYSTEP® Seth | | LES MILLS BODYCOMBAT® Ramie & Mercedes | | |

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|-----------|---|--|--|--|--|--|
| 5:30 p.m. | LES MILLS BODYBALANCE Rebekah | | LesMills CORE - Velvet | | | |
| 6:05 p.m. | | | LES MILLS BODYBALANCE Flexibility - Velvet | | | |
| 5:30 p.m. | | LES MILLS THE TRIP COMPETE Ron | | LES MILLS THE TRIP COMPETE Linda | | |

Cycling Cinema // Virtual & Live

Key: 🎥 = Virtual class Gray highlight = Live class

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---|---|---|--|--|---|
| 5:00 a.m. | 🎥 LES MILLS sprint 30 | 🎥 LES MILLS sprint 30 | | 🎥 LES MILLS RPM 30 | 🎥 LES MILLS sprint 30 | |
| 5:35 a.m. | 🎥 LES MILLS RPM 50 | 🎥 LES MILLS THE TRIP COMPETE 40 | LES MILLS THE TRIP COMPETE Rachael | LES MILLS THE TRIP COMPETE Kalee | 🎥 LES MILLS THE TRIP COMPETE 40 | |
| 7:15 a.m. | 🎥 LES MILLS THE TRIP COMPETE 40 | 🎥 LES MILLS sprint 30 | 🎥 LES MILLS sprint 30 | 🎥 LES MILLS sprint 30 | 🎥 LES MILLS THE TRIP COMPETE 40 | 🎥 LES MILLS sprint 30 |
| 8:30 a.m. | LES MILLS RPM Valerie | 🎥 LES MILLS sprint 30 | LES MILLS THE TRIP COMPETE Josh M | 🎥 LES MILLS sprint 30 | LES MILLS RPM Valerie | 🎥 LES MILLS sprint 30 |
| 9:40 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 |
| 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 THE TRIP COMPETE Josh M | 🎥 LES MILLS sprint 30 🎥 LES MILLS RPM 30 | LES MILLS RPM Valerie | 🎥 LES MILLS THE TRIP COMPETE 40 | LES MILLS THE TRIP COMPETE Rachael | 🎥 LES MILLS sprint 30 🎥 LES MILLS RPM 30 |
| 4:30 p.m. | LES MILLS THE TRIP COMPETE Linda | 🎥 LES MILLS sprint 30 | LES MILLS THE TRIP COMPETE Mercedes | 🎥 LES MILLS THE TRIP COMPETE 40 | 🎥 LES MILLS RPM 50 | |
| 5:30 p.m. | 🎥 LES MILLS THE TRIP COMPETE 40 | LES MILLS THE TRIP COMPETE Ron | 🎥 LES MILLS RPM 50 | LES MILLS THE TRIP COMPETE Linda | 🎥 LES MILLS THE TRIP COMPETE 40 | |
| 6:30 p.m. | 🎥 LES MILLS THE TRIP COMPETE 40 | 🎥 LES MILLS THE TRIP COMPETE 40 | 🎥 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 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 Samantha |
| 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 |
| 1:00-2:00 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 |