






Studio 1 // GROUP FITNESS NOVEMBER & DECEMBER SCHEDULE – Studio 1

	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	
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
9:00 a.m.						LES MILLS BODYPUMP® Mary / Madeline 9:05a.m.
9:30 a.m.		LES MILLS BODYBALANCE Rebekah		ACTIVE LIVING Ruthie		
11:30 a.m.	LES MILLS BODYSTEP® Ramie		LesMills CORE Mary		LesMills CORE Mary	
Noon	LES MILLS BODYPUMP® Mike & Shawn	LES MILLS BODYSTEP® Maddie & Johnny	LES MILLS BODYCOMBAT® Ramie & Rachael	LES MILLS BODYPUMP® Sarah & Rachael	LES MILLS BODYBALANCE Velvet	
4:30 p.m.	LES MILLS BODYJAM® Rachael		LES MILLS BODYPUMP® Jared & Madeline		LES MILLS BODYPUMP® Jared / Joseph	

5:35 p.m.	LES MILLS BODYPUMP® Joseph & Seth	LES MILLS BODYSTEP® Seth		LES MILLS BODYCOMBAT® Ramie & Mercedes		
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Studio 2 // GROUP FITNESS **NOVEMBER & DECEMBER** SCHEDULE – Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m.	LES MILLS BODYBALANCE Janae					
9:30 a.m.						LES MILLS BODYBALANCE Velvet
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon	 Ruthie		LES MILLS BODYBALANCE Kalee	 Ruthie		

2:00 p.m. and 3:00 p.m.	 Parkinson's Power moves-		 Parkinson's Power moves-		 Parkinson's Power moves-	
5:30 p.m.	 Rebekah			 Rachael		

Gentle Yoga - This class is for all fitness levels and ages. Most of the class will be taught on the floor, seated, on the back or the belly. The focus of this class could be on a particular part of the body: a) to help strengthen through body weight exercises, b) strengthen core muscles to help with balance, c) stretching your muscles to help lengthen and increase range of motion, d) restoring your mind and body, e) or all of the above.

Cycling Studio // Virtual & Live **NOVEMBER & DECEMBER** Schedule Key: = virtual class Gray highlight = live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.						
5:35 a.m.			 Rachael			
7:15 a.m.						 8:00 a.m.
8:30 a.m.	 Josh		 Josh		 Valerie	
9:45 a.m.						 9:15 a.m. - Rachael

10:15 a.m.			LES MILLS RPM 50		LES MILLS RPM 50	LES MILLS RPM 50
Noon	THE TRIP COMPETE 40	THE TRIP COMPETE	LES MILLS RPM 50	THE TRIP COMPETE 40	THE TRIP COMPETE Rachael	LES MILLS Sprint 30 LES MILLS RPM 30
4:30 p.m.	THE TRIP COMPETE Linda	LES MILLS RPM 50	THE TRIP COMPETE 40	THE TRIP COMPETE 40	LES MILLS RPM 50	
5:30 p.m.	THE TRIP COMPETE 40	THE TRIP COMPETE Ron	THE TRIP COMPETE Mercedes	THE TRIP COMPETE Linda	THE TRIP COMPETE 40	
6:30 p.m.	THE TRIP COMPETE 40	THE TRIP COMPETE 40	THE TRIP COMPETE 40	LES MILLS Sprint 30		

Pool // GROUP FITNESS NOVEMBER & DECEMBER SCHEDULE

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
1:00-2:30 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