

STUDIO 1 SCHEDULE | FEBRUARY

MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LES MILLS BODYPUMP	Casha
6:30-7:30am	LES MILLS BODYPUMP	Andrea
8:00-9:00am	Fabulous 50s	Jane
9:00-10:00am	LES MILLS BODYPUMP	Michelle
10:00-11:00am	LES MILLS BODYFLOW	Michelle
11:15-11:45am	Core Strength	Sandy
12:00-1:00pm	LES MILLS BODYPUMP	Katherine
4:30-5:30pm	LES MILLS BODYPUMP	Laury
5:30-6:30pm	LES MILLS BODYCOMBAT	Sonja
6:30-7:30pm	LES MILLS BODYPUMP	Casha
7:30-8:30pm	LES MILLS BODYFLOW	Leanne

TUESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LES MILLS BODYATTACK	Sonja
6:30-7:00am	LES MILLS CXWORX	Lynette
8:00-9:00am	Fab 50s Total Toning	Tracy
9:00-10:00am	LES MILLS BODYCOMBAT	Carla
10:00-11:00am	LES MILLS BODYPUMP	Carla
12:00-1:00pm	LES MILLS BODYFLOW	Cat
2:00-3:00pm	LES MILLS BODYPUMP	Laury
4:00-4:30pm	TNT (Teens-N-Training)	Jared
4:30-5:30pm	LES MILLS BODYSTEP	Leanne
5:30-6:30pm	LES MILLS BODYPUMP	Jen

WEDNESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LES MILLS BODYPUMP	Laury
6:30-7:30am	LES MILLS BODYPUMP	Andrea
8:00-9:00am	Fabulous 50s	Jane
9:00-10:00am	LES MILLS BODYCOMBAT	Laury
10:00-11:00am	LES MILLS BODYFLOW	Cat
11:15-11:45am	Core Strength	Jacque
12:00-1:00pm	LES MILLS BODYPUMP	Katherine
4:30-5:30pm	LES MILLS BODYPUMP	Ken
5:30-6:30pm	LES MILLS BODYCOMBAT	Ken
6:30-7:30pm	LES MILLS BODYPUMP	Casha

THURSDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	RIPPED <small>THE ONE STEP BOOT SHOKE™</small>	Sonja
8:00-9:00am	Fab 50s Total Toning	Tracy
9:00-10:00am	Step 2 Go	Jacque
10:00-11:00am	LES MILLS BODYPUMP	Jill
11:15-11:45am	LES MILLS CXWORX	Amanda
2:00-3:00pm	LES MILLS BODYPUMP	Laury
4:00-4:30pm	TNT (Teens-N-Training)	Amanda
4:30-5:30pm	LES MILLS BODYATTACK	Sonja
5:30-6:30pm	LES MILLS BODYPUMP	Ken
6:30-7:30pm	LES MILLS BODYCOMBAT	Casha

FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	LES MILLS BODYCOMBAT	Casha
6:30-7:30am	LES MILLS BODYPUMP / LES MILLS CXWORX	Andrea
8:00-9:00am	Fabulous 50s	Jane
9:00-10:00am	LES MILLS BODYCOMBAT	Laury
10:00-11:00am	LES MILLS BODYJAM	Cat
11:15-11:45am	Core Strength	Sandy
12:00-1:00pm	LES MILLS BODYFLOW	Heather
4:30-5:30pm	LES MILLS BODYPUMP	Carla
5:30-6:30pm	LES MILLS BODYCOMBAT	Ken

SATURDAY

TIME	CLASS	INSTRUCTOR
7:00-8:00am	LES MILLS BODYATTACK	Leanne
8:00-9:00am	LES MILLS BODYPUMP	Jill
9:00-10:00am	LES MILLS BODYFLOW	Leanne
10:00-11:00am	LES MILLS BODYCOMBAT	Sonja
11:15-11:45am	Core Strength	Sonja
4:00-5:00pm	LES MILLS BODYPUMP / LES MILLS CXWORX	Andrea

SUNDAY

TIME	CLASS	INSTRUCTOR
8:00-9:00am	LES MILLS BODYATTACK	Casha
9:00-10:00am	LES MILLS BODYCOMBAT	Laury
10:00-11:00am	LES MILLS BODYPUMP	Laury
11:15-11:45am	Core Strength	Jacque
4:00-5:00pm	LES MILLS BODYCOMBAT	Ken
5:00-6:00pm	LES MILLS BODYPUMP	Ken

★ New Class Yellow Boxes - Class Participation LOW

BODY PUMP

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

BODY COMBAT

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BODY FLOW

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODY ATTACK

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter!

BODY STEP

Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

BODY JAM

An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Trained instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get high on the feeling of dance.

CORE STRENGTH

A 30 minute class targeting abs, oblique and low back.

FABULOUS 50s

With our certified instructors, you will participate in a variety of aerobic conditioning, weight training and stretching activities. Come join the fun!

FABULOUS 50s TOTAL TONING

Enjoy a complete class of toning and stretching from head to toe using hand weights, resistance balls, resistance tubes, fit-balls and your own body resistance. This class is suitable for all levels.

RIPPED

Experience this 45 minute total body plateau proof workout utilizing resistance and cardio training combining resistance, intervals, power, Plyometrics and endurance.

STEP 2 GO

1 step + 2 base moves = you're good to GO! A non-stop cardio workout using the step platform. Basic to moderately complex choreography which begins with 2 simple base movements and is progressively layered with optional variations, making the class user-friendly for just about anyone.

ZUMBA

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

Please note: *Classes highlighted in yellow are on the “watch list.” These classes have had low participation and are in jeopardy of being discontinued. In order to make the most efficient use of our studio space, we may discontinue classes if there are under ten participants for more than a month. Thank you for understanding.*

