Class Schedules

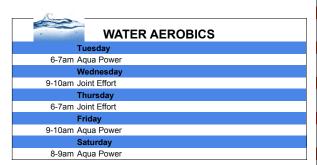
November 2021



Group Exercise Studio 8:30am-9:30am ZUMBA 9:40-10:40am Les Mills BodyPump 10:50-11:50pm Boomers & Beyond (Strength for Seniors) 12-1pm Les Mills BodyPump 4:45-5:45pm Les Mills BodyCombat 5:50-6:50pm Les Mills BodyPump Tuesday 5:30-6:30am Les Mills BodyPump 8:30-9:30am Les Mills BodyStep 9:40-10:40am Total Body Sculpt - CANCELLED NOV 9,16,23,30 10:50-11:50am (Silver Sneakers) Muscular Strength 4:45-5:45pm Les Mills BodyPump 5:50-6:50pm Karate** Wednesday 6:00-6:30am Les Mills CX Worx 8:30-9:30am Cardio Core Bootcamp 9:40-10:40am Les Mills BodyPump 10:50-11:50am Boomers & Beyond (Strength for Seniors) 12-1pm Les Mills BodyPump 4:45-5:45pm Les Mills BodyCombat 5:50-6:50pm Les Mills BodyPump Thursday 5:30-6:30am Les Mills BodyPump 9:40-10:35am Zumba 10:50-11:50am (Silver Sneakers) Muscular Strength 4:45-5:45pm Les Mills BodyPump 5:50-6:50pm Karate** Friday 6:00-6:30am Les Mills CX Worx 8:30-9:30am Mat Pilates 10:50-11:50am Boomers & Beyond (Strength for Seniors) 12-1pm Les Mills BodyPump Saturday 8:00-8:30am Les Mills Grit Cardio/Plyo 8:35-9:35am Les Mills BodyPump 9:40-10:40am Les Mills BodyStep Sunday

| **Karate is Free for Memebers. | . Karate can NOT | be used with a | punchcard. | \$7.50 guest pass |
|--------------------------------|------------------|----------------|------------|-------------------|
| must be purchased | | | | |

8:30-9:30am Les Mills BodyPump 9:40-10:40am Les Mills BodyStep



| | Yoga/Wellness Studio |
|------------|--|
| | Monday |
| 5:30-6:30 | Dam Les Mills BodyFlow |
| 8:30-9:30 | Dam Core Fusion w/Jay |
| 11:45-1:00 | Opm Gentle Yoga |
| | Tuesday |
| 8:30-9:30 | Dam Les Mills BodyFlow |
| 5:45-6:45 | pm Les Mills BodyFlow |
| | Wednesday |
| 11:45-1:00 | Opm Gentle Yoga |
| | Thursday |
| 5:45-6:45 | 5pm <i>Vinyasa Yoga</i> |
| | Friday |
| 5:30-6:30 | Dam Les Mills BodyFlow |
| 8:30-9:30 | Dam Mat Pilates (located in group exercise room) |
| 11:45-1:00 | Opm Gentle Yoga |
| | Saturday |
| 9:35-10:35 | 5am Vinyasa Yoga |
| | Sunday |
| | |

| 25 | |
|--------------|---|
| 00 | Spinning Studio |
| | Monday |
| 5:30-6:15am | Les Mills RPM |
| 5:45-6:30pm | Spinning |
| | Tuesday |
| 12:00-1:00pm | Spinning |
| | Wednesday |
| 5:30-6:00am | Les Mills Sprint |
| 5:45-6:30pm | Spinning |
| | Thursday |
| 5:30-6:15am | Free-Style-Spin- Cancelled for November |
| 12:00-1:00pm | Spinning |
| | Friday |
| 5:30-6:00am | Les Mills RPM |
| | Saturday |
| | |
| | Sunday |

| Personal Training Groups EXTRA CHARGE FOR HIIT- LOCATED IN FITNESS AREA |
|--|
| Monday |
| 5:30am HIIT (High Intensity Interval Training) |
| 9:45am HIIT (High Intensity Interval Training) |
| Tuesday |
| 6:30am HIIT (High Intensity Interval Training) |
| 12pm <i>Bootcamp</i> |
| Wednesday |
| 5:30am HIIT (High Intensity Interval Training) |
| 9:45am HIIT (High Intensity Interval Training) |
| Thursday |
| 6:30am HIIT (High Intensity Interval Training) |
| 12pm <i>Bootcamp</i> |
| Friday |
| 5:30am HIIT (High Intensity Interval Training) |
| Sunday |
| 9:45am HIIT (High Intensity Interval Training) |