



JANUARY 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|--|--|---|--|---|
| 6:30 am | 6:15 – 7am Train to Transform Joy | | 6:15 – 7am Train to Transform Joy | | 6:30 – 7:15am LES MILLS CORE | |
| 7:30 - 9:00 | FITNESS STUDIO is AVAILABLE between 7:30am - 9:00am | | | | | 8:15 – 9:15AM |
| 9:00 am | 9 – 10am CROSSFIRE Erin | 9 – 10am Pilate Fusion Erin | 9 – 10am BARRE Above Katie | 9 - 10am LES MILLS BODYPUMP | 9 -10am CHISEL & Burn Katie | LES MILLS BODYCOMBAT |
| 10am - 12:00 | FITNESS STUDIO is AVAILABLE between 10:00am – 12:00pm | | | | | |
| 12 noon | 12 – 12:30 LES MILLS BODYPUMP Express | | 12 – 12:30 LES MILLS CORE | | | 12 – 12:45 Ages 6-7 yrs old BORN TO MOVE |
| 12:30 - 4:00 | FITNESS STUDIO is AVAILABLE between 12:30pm – 4:00pm | | | | | 12:50 – 1:35 Ages 8-12 yrs old |
| 4:00 pm | | 4 – 4:45pm LES MILLS BODYPUMP | | 4 – 5pm LES MILLS BODYBALANCE | | |
| 5:30 pm | | 5:30 – 6:15pm TABATA Joy | 5:30 – 6:30pm LES MILLS BODYPUMP | 5:30 – 6:15pm STEP it UP Joy | | |
| 6:30 - 10:00 | FITNESS STUDIO is AVAILABLE between 6:30pm – 10:00pm | | | | | |

Fitness Center Hours: **5:30 am to 10 pm (every day)**

Spa Hours:
Monday - Friday: 6 am – 7 pm
Saturday: 8 am – 1 pm
Sunday: Spa is Closed

BARRE ABOVE®

Fusing the best of Pilates, cardio, and elements of strength, Barre Above® delivers a results-driven workout that is not only fun and dynamic but will sculpt your body and get you into amazing shape. Designed for a wide range of fitness levels, ages, and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. No dance experience necessary.

BODYBALANCE™

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. (All Fitness Levels)

BODYPUMP™

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned, and fit – fast.

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. (All Fitness Levels)

BORN to MOVE (Youth – Ages 4 to 5, 6 to 7, & 8 to 12)

BORN TO MOVE™ combines fitness and fun to help kids and teens develop positive self-awareness, confidence, and coordination. It allows children to experience the vitality and joy that comes from moving to music – and in turn, nurtures a life-long love of physical activity.

CHISEL & BURN

Are you interested in burning fat, building muscle, increasing strength and stamina? Then this workout is for you. This class is designed to help shed that excess fat while building strength and endurance focusing on isolation exercises with free weights and resistance, bodyweight exercises and finishes with core training and stretching for a complete workout. (All Fitness Levels)

CIRCUIT Express

Weight machine and Cardio circuit training provides a way to improve your muscular strength and cardiovascular fitness simultaneously. A circuit is a series of exercises you perform with little rest in between. By doing the exercises consecutively you keep your heart rate up, improving your aerobic fitness and burning more calories than standard resistance training. This class will be in the weight room and is programmed with a timed, work / rest ratio, giving participants enough time to sanitize between stations for an ultimate workout in a clean and safe environment.

CROSSFIRE

Crossfire is a metabolism boosting 45-minute workout utilizing multiple joint movements and full body exercises performed at a high intensity. Metabolic style training is FUN! The workouts move quickly, the exercises are constantly changing, and it forces you to use your whole body as a unit. It incorporates super effective strength moves that build firm and lean muscle which is key to building a robust metabolism.

Les Mills BARRE™

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights. If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. It may look beautiful, but don't underestimate the burn. (All Fitness Levels)

Les Mills CORE™

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness.

PILATE FUSION

Designed for people who want a vigorous yoga practice and those seeking an expanded Pilates practice. The timeless traditions of yoga blend seamlessly with postural strength and balanced practice of the Pilates Method to create peaceful alignment in your body, better posture, increased energy, and good health. (All Fitness Levels)

STEP it UP

This cardio workout has endured the test of time for one simple reason: *It delivers results.* We will target Core, Legs, and Glutes, as we improve Cardiovascular Health, Aerobic Endurance, Bone & Muscle Strength and even Mental Health. It is the perfect mix of calorie burning, toning and fun! (All Fitness Levels)