



# JULY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 am	6:15 – 7am <b>Train to Transform</b> Joy	6:15 – 7am <b>TABATA</b> Joy	<b>(NEW)</b> 6:15 – 7am <b>Tone Zone</b> <b>CIRCUIT</b> Joy	6:15 – 7am <b>Train to Transform</b> Joy	6:15 - 7am 	
7:30 - 9:00	<b>FITNESS STUDIO is AVAILABLE between 7:30am - 9:00am</b>					
9:00 am	9 - 10am <b>CROSSFIRE</b> Erin	9 - 10am <b>Pilate Fusion</b> Erin	9 - 10am <b>BARRE</b> <b>Above</b> Katie	9 - 10am <b>Pumped Up</b> <b>STRENGTH</b> Katie / Erin		
10am - 12:00	<b>FITNESS STUDIO is AVAILABLE between 10:00am – 12:00pm</b>					
12 noon	12 – 12:30 		12 – 12:30 			
12:30 - 4:00	<b>FITNESS STUDIO is AVAILABLE between 12:30pm – 4:00pm</b>					
4:00 pm			4 – 5:00pm 		4 – 4:30pm 	
5:30 pm		5:30 – 6:15pm 		5:30 – 6:00pm 		
6:30 - 10:00	<b>FITNESS STUDIO is AVAILABLE between 6:30pm – 10:00pm</b>					

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)

## **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 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.

## **PUMPED Up STRENGTH**

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. (All Fitness Levels)

## **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)

## **TABATA**

Ready to change up that everyday workout? Come and enjoy the benefits & challenges of what a Tabata workout offers. This workout consists of 20 second intervals at high intensity followed by 10 seconds of rest. The high intensity level is determined by you and how you want to challenge your body. (All Fitness Levels)

## **TONE ZONE CIRCUIT (NEW!)**

This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. (All Fitness Levels)

## **TRAIN to TRANSFORM**

This class is designed as a total body workout to enhance muscle definition, balance, strength, and endurance. We will focus on the upper and lower body, as well as core and you will leave with a better understanding of proper weightlifting biomechanics. The class uses a variety of modalities and music to enhance motivation and achieve the goal of transformation. (All Fitness Levels)