

GROUP FITNESS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

5:30 AM

LES MILLS
BODYPUMP
EXPRESS

LES MILLS
RPM

LES MILLS
BODYPUMP
EXPRESS

LES MILLS
RPM

LES MILLS
BODYPUMP
EXPRESS

8:15 AM

LES MILLS
RPM

BARRE'ABOVE

LES MILLS
RPM

BARRE'ABOVE

LES MILLS
RPM

LES MILLS
RPM

9:15 AM

LES MILLS
CXWORX

LES MILLS
CXWORX

LES MILLS
BODYPUMP
EXPRESS

LES MILLS
BODYPUMP
EXPRESS

9:30 AM

Senior Strength  Yoga

 Drums Alive®

Senior Strength  Yoga

 Drums Alive®

12:10 PM

LES MILLS
BODYPUMP
EXPRESS

 YOGA

LES MILLS
BODYPUMP
EXPRESS

 YOGA

4:30 PM

GROOVE 

GROOVE 

5:30 PM

 YOGA

LES MILLS
BODYPUMP
EXPRESS

 YOGA

LES MILLS
BODYPUMP
EXPRESS

6:00 PM

LES MILLS
RPM

BOOT_CAMP

BOOT_CAMP

 **AQUA**
CORE

6:30 PM

 **SOO BAHK DO***
youth

 **SOO BAHK DO***
youth

7:30 PM

 **SOO BAHK DO***
ADULT

 **SOO BAHK DO***
ADULT

 FEE BASED CLASS



HEALTHWORKS
FITNESS
A SERVICE BY SHAPE FOUNDATION

FACILITY HOURS:

MON - THU 5:00AM - 8:30PM

FRI 5:00AM - 7:00PM

SAT 8AM - 5PM

SUN 1PM - 5PM

POOL HOURS:

MON - THU 5:00AM - 8:00PM

FRI 5:00AM - 6:30PM

SAT 9:00AM - 4:30PM

SUN 1:00PM - 4:30PM

VALID: JANUARY 18TH

CLASS DESCRIPTIONS



BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit—fast. Using light to moderate weights with lots of repetition that gives you a total body workout. It will burn up to 540 calories.



The 40 minute express class of the original barbell class above.



RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.



CXWORX is a 30 minute core training workout designed by Les Mills which uses your body weight, resistance tubing and weights to tighten and tone.



Follow us on FB and IG for “Pop Up” classes that are not on regular schedule!



YOGA as exercise is a physical activity consisting mainly of postures (asanas), often connected by flowing sequences called vinyasas, sometimes accompanied by rhythmic breathing (pranayama), and ending with relaxation lying down in savasana or meditation.



Combining fitness, drumming, music and educational concepts to improve the physical, emotional and social health of participants. Instead of beating on a drum, we use large exercise balls and a pair of drumsticks, unleashing your inner rock star! A one-hour class offers moderate to fast paced workouts that will burn calories and improve mental clarity.



A 30 minute workout designed for Gen X & Baby Boomers. Light to moderate weights and resistance bands are used to strengthen and tone your entire body. Followed immediately by 30 minutes of restorative Yoga to improve strength, balance, flexibility and clarity of mind.



Groove is designed to move your body in the way music makes you feel. When you do it your way, it can never be wrong. So tune in, be kind to yourself, be gentle and find your groove! **GROOVE kicks off on MONDAY MARCH 9th at 430pm**



Full-body conditioning class. The trifecta low impact workout that incorporates lower, upper and core exercises with a focus on flexibility, balance, stability and strength. Barre' is not a cardio-focused workout but can be depending on the instructors approach.



AQUA STAND UP® is a small group training program inspired by paddle boarding mixed with different fitness technics like H.I.I.T., Pilates, Yoga and muscular conditioning. Balance is the key! AQUA STAND UP® will help you to reach your goals with fun and effective movements! Accessible to everyone!