




# GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	LesMILLS <b>BODYPUMP</b>	LesMILLS <b>RPM</b>	LesMILLS <b>BODYPUMP</b>	LesMILLS <b>RPM</b>	LesMILLS <b>BODYPUMP</b>	
8:15 AM	LesMILLS <b>RPM</b>	LesMILLS <b>BODYPUMP</b>	LesMILLS <b>RPM</b>	LesMILLS <b>BODYPUMP</b>	LesMILLS <b>RPM</b>	LesMILLS <b>RPM</b>
9:05 AM	LesMILLS <b>CXWORX</b>		LesMILLS <b>CXWORX</b>		LesMILLS <b>CXWORX</b>	9:15 AM LesMILLS <b>BODYPUMP</b>
9:30 AM		Drums Alive®		Drums Alive®		
9:45 AM	Senior Strength  Yoga		Senior Strength  Yoga		Senior Strength  Yoga	
12:10 PM	LesMILLS <b>BODYPUMP</b> >> EXPRESS	YOGA	LesMILLS <b>BODYPUMP</b> >> EXPRESS	YOGA		
4:30 PM	LesMILLS <b>BODYPUMP</b>		LesMILLS <b>BODYPUMP</b>			
5:30 PM	LesMILLS <b>RPM</b> LesMILLS <b>CXWORX</b>	LesMILLS <b>BODYPUMP</b>	LesMILLS <b>RPM</b> LesMILLS <b>CXWORX</b>	LesMILLS <b>BODYPUMP</b>		
6:30 PM		BOOT.CAMP		BOOT.CAMP		

## POOL HOURS

MON - THU	5:00AM - 8:00PM
FRI	5:00AM - 7:30PM
SAT	9:00AM - 4:30PM
SUN	1:00PM - 5:30PM

## KIDWORKS HOURS

MON - THU	8:00AM - 2:00PM 3:00PM - 8:00PM
FRI	8:00AM - 1:00PM
SATURDAY:	8:00AM - 12:00PM

## FACILITY HOURS

MON - THU	5:00AM - 10:00PM
FRI	5:00AM - 8:00PM
SAT	8:00AM - 5:00PM
SUN	1:00PM - 6:00PM



# 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.



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.



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

COMING SOON: **GROOVE** 

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**