











# GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	! CALL 870.862.5442 THE DAY BEFORE TO RESERVE A SPOT IN ANY CLASS					
5:30 AM	LES MILLS <b>BODYPUMP</b> >>> EXPRESS	LES MILLS <b>RPM</b>	LES MILLS <b>BODYPUMP</b> >>> EXPRESS		LES MILLS <b>BODYPUMP</b> >>> EXPRESS	LES MILLS <b>RPM</b>
8:15 AM	LES MILLS <b>RPM</b>	BARRE'ABOVE	LES MILLS <b>RPM</b>	BARRE'ABOVE	LES MILLS <b>RPM</b>	
9:15 AM		LES MILLS <b>CXWORX</b>		LES MILLS <b>CXWORX</b>		
9:30 AM	Senior Strength  Yoga	 Drums Alive®	Senior Strength  Yoga	 Drums Alive®		
12:10 PM	LES MILLS <b>BODYPUMP</b> >>> EXPRESS	YOGA	LES MILLS <b>BODYPUMP</b> >>> EXPRESS	YOGA	BARRE'ABOVE	
4:30 PM	GROOVE 		GROOVE 			
5:30 PM	YOGA	LES MILLS <b>BODYPUMP</b> >>> EXPRESS	YOGA	LES MILLS <b>BODYPUMP</b> >>> EXPRESS		
			LES MILLS <b>RPM</b>			
6:00 PM	BOOT_CAMP		BOOT_CAMP	BOOT_CAMP CLASSES WILL TAKE PLACE OUTSIDE - WEATHER PERMITTING!		
6:30 PM	 SOO BAHK DO* youth			 SOO BAHK DO* youth		
7:30 PM	 SOO BAHK DO* ADULT			 SOO BAHK DO* ADULT		

## FACILITY HOURS:

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

FRI 5:00AM - 7:00PM

SAT 8AM - 5PM

SUN 1PM - 5PM

## POOL HOURS (RESERVE YOUR LANE IN ADVANCE):

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

FRI 5:00AM - 6:30PM

SAT 9:00AM - 4:30PM

SUN 1:00PM - 4:30PM



VALID: OCTOBER 5<sup>TH</sup>

# 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.