

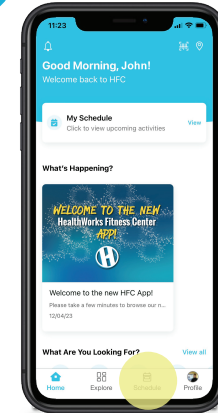
HOW TO BOOK A CLASS

1 Download our app!

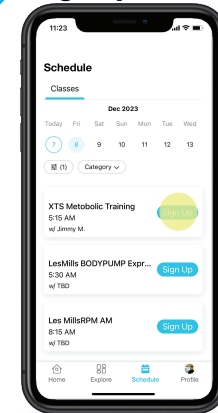


SCAN ME

2 Go to Schedule to find a class!



3 Sign Up for a class!



IMPORTANT

Please use the app to book or cancel your spot in a class. It's the only way to have it recorded on the schedule, and to reflect the actual spots available on the class booking screen. **Booking and canceling works on app only, not on personal Outlook calendars etc.**

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	T2 XTS Metabolic Training \$	1 LESMILLS CORE	T2 XTS Metabolic Training \$	1 LESMILLS CORE	T2 XTS Metabolic Training \$	
5:30 AM	1 LESMILLS BODYPUMP >>> EXPRESS	C LESMILLS RPM	1 LESMILLS BODYPUMP >>> EXPRESS	C LESMILLS RPM	1 LESMILLS BODYPUMP >>> EXPRESS	
8:00 AM		W AQUACISE		W AQUACISE		
8:15 AM	T2 XTS Metabolic Training \$		T2 XTS Metabolic Training \$		T2 XTS Metabolic Training \$	
	C LESMILLS RPM	1 LESMILLS BODYPUMP >>> EXPRESS	C LESMILLS RPM	1 LESMILLS BODYPUMP >>> EXPRESS	C LESMILLS RPM	C LESMILLS RPM
9:00 AM	1 Senior Strength & Yoga	W water motion	1 Senior Strength & Yoga	W water motion		
			W HEALING in MOTION			
9:15 AM	M LESMILLS CORE	1 MAT PILATES	M LESMILLS CORE	1 MAT PILATES	1 MAT PILATES	1 LESMILLS BODYPUMP >>> EXPRESS
10:00 AM	W AQUA BARRE'		W AQUA BARRE'			M YOGA *
10:15 AM		M BARRE'		M BARRE'		1 GROOVE **
10:30 AM	T3 PILATES REFORMER \$		T3 PILATES REFORMER \$			* 1 ST & 3 RD SATURDAYS OF THE MONTH ** 1 ST SATURDAY OF THE MONTH @ 10:15 AM
12:10 PM	1 LESMILLS BODYPUMP >>> EXPRESS	M YOGA	1 LESMILLS BODYPUMP >>> EXPRESS	M YOGA	M BARRE'	
		T2 HIIT20 \$		T2 HIIT20 \$		
4:30 PM			1 GROOVE			
5:30 PM	M YOGA	1 LESMILLS BODYPUMP >>> EXPRESS	M YOGA	1 LESMILLS BODYPUMP >>> EXPRESS		
	C LESMILLS RPM	W water motion		W water motion		
				T3 PILATES REFORMER \$		
6:00 PM	O BOOT-CAMP		O BOOT-CAMP			
6:30 PM	1 SDO BAHK DO' \$			1 SDO BAHK DO' \$		
7:30 PM	1 SDO BAHK DO' \$			1 SDO BAHK DO' \$		

CLASS LOCATION:

- M Mind/Body 1st Floor
- 1 Studio One 3rd Floor
- T3 Training Studio 3rd Floor
- C Cycle Studio 3rd Floor
- T2 Functional Training Area 2nd Floor
- W Warm Water Pool
- LP Lap Pool
- O Outside Grassy Hill

\$ FEE BASED CLASS

10/01/24

CLASS DESCRIPTIONS

AQUACISE Enjoy a low-impact water-based class that combines muscular endurance and aerobic conditioning. Experience is not required but a fun attitude is! Perfect for our members with arthritis or fibromyalgia!

AQUA BARRE' All the ballet/yoga/Pilates choreography that you love taught in the warm water therapy pool. Aqua Barre' is a fun way to get a resistance-based workout in while avoiding stress on the joints.

BARRE' Full-body conditioning class. The trifecta low-impact workout 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 instructor's approach.

LES MILLS BODYPUMP **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.

LES MILLS BODYPUMP >>> EXPRESS The 40-minute express class of the original barbell class above.

BOOTCAMP Outdoor Boot Camp utilizes effective physical/resiliency training techniques practiced by military forces. Class participants use proper form and safety, executing fitness programs, circuit training, some obstacle courses and partner assisted exercises.

LES MILLS CORE 30-minutes of Les Mills™ CORE is all you'll need to give your core a challenging workout that features a mix of isolation exercises (like crunches or leg extensions) that target specific muscles and integrated moves that use two or more muscle groups together.

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!

HEALING in MOTION Slow, intentional movement to help with performing daily functional tasks such as: walking, sitting to standing, stair climbing, bending, twisting, reaching, etc. HIM protects the joints with each movement and works on maintaining correct posture, range of motion, balance, stability, and flexibility. We will also exercise our brains and focus on breathing and mindfulness. Taught in the warm water therapy pool.

HIIT20 This 20-minute workout is designed to get you results without spending hours in the gym. 30-45 seconds of high-intensity exercises followed by 10-20 seconds of recovery! Includes warm-up and cool-down. **Fee-based class.**

MAT PILATES Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

PILATES REFORMER Pilates Reformer Combines the traditional principles and movements of Mat Pilates using the reformer machine to accelerate the process of stretching, strengthening, body alignment, and increased core strength. **Fee-based class.**

LES MILLS RPM **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.

Senior Strength & Yoga A 30-minute workout designed for GenX and 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.

SOO BAHK DO Soo Bahk Do is an awesome, martial art effective in stopping inner & outer conflict, for both Adults and Children ages 8 and up. Sign up at the Front Desk. Registration is required and taken anytime. **Fee-based class.**

water motion **Water in Motion®** provides a low-impact, high-energy challenge for participants of all ages, skills, and fitness levels. A dynamic cardiovascular full-body workout. Equivalent to land-based intensity with fantastic sing-along music, but without the impact on your joints.

XTS HealthWorks' premier large group training program. You will feel the difference using compound exercises to recruit the maximum amount of muscle for every exercise. This style of exercise creates the after-burn effect, XPLADING the highest number of calories. Designed by Certified Personal Trainers, XTS delivers a safe, fun, and effective personal training in a "TEAM" setting. **Fee-based class.**

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

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



CLASS SCHEDULE

AQUATICS
TEAM TRAINING
GROUP FITNESS

FACILITY HOURS:
MON - THU 5:00 AM - 8:30 PM
FRI 5:00 AM - 7:00 PM
SAT 8 AM - 5 PM
SUN 1 PM - 5 PM

POOL HOURS:
MON - THU 5:00 AM - 8:00 PM
FRI 5:00 AM - 6:30 PM
SAT 9:00 AM - 4:30 PM
SUN 1:00 PM - 4:30 PM

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