



# FITNESS CLASS SCHEDULE

JANUARY 1st - FEBRUARY 29th 2020

## Monday

6:15- 7:15 AM| Sunrise Yoga  
7:30- 8:30 AM| TRX

8:45- 9:45 AM| **CXWORX**  
10:00- 10:30 AM| **Les Mills Grit**  
11:00-12:00 PM| **Body Combat**  
12:00- 12:45 PM| **Body Pump**  
4:00- 5:00 PM| **Body Flow**

5:15- 6:15 PM| All Level Yoga  
6:30- 7:15 PM| HIIT

## Friday

6:15- 7:15 AM| Sunrise Yoga  
7:30- 8:30 AM| TRX

8:45- 9:45 AM| **CXWORX**  
10:00- 10:30 AM| **Les Mills Grit**  
11:00-12:00 PM| **Body Combat**  
12:15- 1:00 PM| **CXWORX**  
4:00- 5:00 PM| **Body Flow**

5:15- 6:15 PM| All Level Yoga  
6:30- 7:15 PM| HIIT

## Tuesday

6:15- 7:00 AM| Cycling  
7:15- 8:15 AM| Body Pump

8:45- 9:45 AM| **Body Flow**  
10:00- 10:30 AM| **Les Mills Grit**  
11:00-12:00 PM| **Body Combat**  
12:30- 1:15 PM| **Stretch It Out**  
4:00- 5:00 PM| **Les Mills Barre**

5:15- 6:15 PM| Restorative Yoga  
6:30- 7:15 PM| TRX

## Saturday

8:30- 9:30 AM| Vinyasa Flow  
10:30- 11:30 AM| **CXWORX**

## Sunday

8:15- 9:15 AM| **Body Flow**  
9:30- 10:30 AM| **Body Combat**  
10:30-11:00 AM| **CXWORX**

## Wednesday

6:15- 7:15 AM| Sunrise Yoga  
7:30- 8:30 AM| TRX

8:45- 9:45 AM| **CXWORX**  
10:00- 10:30 AM| **Les Mills Grit**  
11:00-12:00 PM| **Body Combat**  
12:00- 12:45 PM| **Body Pump**  
4:00- 5:00 PM| **Body Flow**

5:15- 6:15 PM| All Level Yoga  
6:30 - 7:15 PM| HIIT

## Thursday

6:15- 7:00 AM| Cycling  
7:15- 8:15 AM| Body Pump

8:45- 9:45 AM| **Body Flow**  
10:00- 10:30 AM| **Les Mills Grit**  
11:00-12:00 PM| **Body Combat**  
12:30- 1:15 PM| **Stretch It Out**  
4:00- 5:00 PM| **Les Mills Barre**

5:15- 6:15 PM| Restorative Yoga  
6:30- 7:15 PM| TRX

Members: Core Classes Included with membership or punch pass

Drop In: \$15

All Virtual Classes are listed in green  
Instructor lead classes are listed in black

## **Recreation Center Core Classes:**

### **Sunrise Yoga**

Honors the traditional roots of Hatha Yoga (posture based) while transitioning in continuous circular motion to build strength and increase flexibility

### **Vinyasa Flow**

Classic vinyasa flow offering challenging postures and strength based movements with modifications for all levels of students

### **All Level Yoga**

Class focus is on flow of yoga postures linking breath with movement to build strength, increase flexibility and develop balance.

### **Restorative Yoga**

A gentle yoga aimed at recovering the body through gentle poses and stretching all parts of the body

### **Stretch It Out**

A light stretching class that is aimed to help with mid-day recovery and allow for a gentle workout

### **TRX**

Suspension training bodyweight exercise simultaneously develops strength, power, endurance, mobility, balance and core stability

### **HIIT**

High-Intensity interval training. Challenging 45 minute class that will keep your heart rate elevated, build muscle, improve body composition, cardio fitness and metabolic function. Torch calories. High intensity intervals interspersed with periods of rest.

### **Body Pump**

Barbell focused workout that uses light to moderate weights with lots of repetition to help you build strength, get lean, toned, and fit-fast

### **Cycling**

An indoor cycling class that aims to help people stay in cycling shape even through the colder months

## **Les Mills Virtual Classes:**

### **Body Combat**

Virtual high-energy martial arts-inspired whole body workout to build fitness and core strength by using non-contact full body moves.

### **CXWORX**

A 30-minute virtual class that exercises all muscles surrounding the core to aid in overall fitness improvement.

### **Body Flow**

Yoga-based class that improves flexibility and core strength while reducing stress levels. Incorporates Tai Chi and Pilates movements.

### **Les Mills Barre**

Virtual class that utilizes classic balletic training to shape and tone the muscles and build core strength.

### **Les Mills Grit**

HIIT series of workouts- cardio, strength, and plyo that are designed to work the body in different ways. Build cardio, endurance, and strength.