

FITNESS CLASS SCHEDULE

MAY 3RD - SEPTEMBER 5TH 2021

Monday

6:15- 7:15 AM| Sunrise Yoga
7:30- 8:30 AM| Body Pump (Starts 6/7)

8:30- 9:30 AM| **Body Flow**
9:30- 10:00 AM| **Grit: Cardio**
11:30- 12:30 PM| **Body Flow**
2:00- 4:00 PM| **OnDemand**
4:00- 5:00 PM| **Body Flow**

5:15- 6:00 PM| HIIT
6:15- 7:15 PM| Vinyasa Flow

Tuesday

7:30- 8:15 AM| TRX & Kettlebells

8:30- 9:00 AM| **Grit: Athletic**
9:00- 10:00 AM| **Body Pump**
11:30- 12:00 PM| **Grit: Cardio**
2:00- 4:00 PM| **OnDemand**
4:00- 4:30 PM| **LesMills Barre**

6:00- 6:45 PM| LIIT

Wednesday

6:15- 7:15 AM| Sunrise Yoga
7:30- 8:30 AM| Body Pump (Starts 6/7)

8:30- 9:30 AM| **Body Flow**
9:30- 10:00 AM| **Grit: Cardio**
11:30- 12:30 PM| **Body Flow**
2:00- 4:00 PM| **OnDemand**
4:00- 5:00 PM| **Body Flow**

5:15- 6:15 PM| Vinyasa Flow
6:30- 7:15 PM| HIIT

RESERVATION
REQUIRED
FOR ALL CLASSES

Members:
Classes on this schedule are
included with a membership or
punch pass

Instructor lead classes are listed
in black

All Virtual Classes are listed in
green

Thursday

7:30- 8:15 AM| TRX & Kettlebells

8:30- 9:00 AM| **Grit: Athletic**
9:00- 10:00 AM| **Body Pump**
11:30- 12:30 PM| **Grit: Cardio**
2:00- 4:00 PM| **OnDemand**
4:00- 4:30 PM| **LesMills Barre**

6:00- 6:45 PM| HIIT

Friday

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

8:30- 9:30 AM| **Body Flow**
9:30- 10:00 AM| **Grit: Cardio**
11:30- 12:30 PM| **Body Flow**
12:15- 1:00 PM| **OnDemand**
4:00- 5:00 PM| **Body Flow**

Saturday

8:15- 9:15 AM| Vinyasa Flow

10:30- 11:00 AM| **CXWORX**
1:00- 2:00 PM| **Body Flow**
3:30- 4:30 PM| **Body Pump**

Sunday

8:15- 9:15 AM| **Body Flow**
10:30- 11:00 AM| **CXWORX**
1:00- 2:00 PM| **Body Flow**
3:30- 4:30 PM| **Body Pump**

Class Descriptions:

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.

Adaptive and Restorative Yoga

A gentle yoga aimed at recovering the body through gentle poses and stretching all parts of the body. This class is designed for those with body limitations

HIIT

High Intensity Interval Training. A workout consisting of challenging exercises that take on all parts of your body with high impact exercises

LIIT

Low Intensity Interval training is a circuit style class that is aimed to help those who are unable to take on high impact situations

TRX & Kettlebells

This class takes the suspension system of TRX and adds the additional challenge of kettlebells to up your game

Body Pump- this class is also offered in a virtual format!!

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

Get in shape to conquer Independence Pass, a casual ride, or to be able to dominate in the bike park. This class helps train all cyclists to get in shape for their next big ride

Yoga-lates

Takes the ideas of yoga and combines it with the workout provided from pilates to give a great mat workout

Cardio Shred

A high energy total body toning experience in a HIIT style class

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 classis 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.