

FITNESS CLASS SCHEDULE

SEPTEMBER 7TH 2021 - JANUARY 3RD 2022

Monday

6:15- 7:15 AM | Sunrise Yoga
7:30- 8:30 AM | Body Pump

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 | Ski Conditioning
6:15- 7:15 PM | Vinyasa Flow

Tuesday

6:15- 7:00 AM | Cycling*
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

5:15- 6:00 PM | HIIT
6:15- 7:15 PM | Restorative Yoga

Wednesday

6:15- 7:15 AM | Sunrise Yoga
7:30- 8:30 AM | Body Pump

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 | Ski Conditioning
6:15- 7:15 PM | Vinyasa Flow

RESERVATIONS REQUIRED
TO ATTEND 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

6:15- 7:00 AM | Cycling*
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

5:15 - 6:00 PM | HIIT
6:15 - 7:15 PM | Restorative Yoga

Friday

7:30- 8:15 AM | Yoga-lates
8:30- 9:15 AM | Body Pump (Starts 10/1)

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

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

*Please note that Cycling and TRX & Kettlebells have limited equipment

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

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

Indoor Cycling will help you stay prepared to bike the mountains or trails year round

Yoga-lates

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

Ski Conditioning

Get in shape for the slopes with a variety of workouts that will have you shredding hard

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.