

# Land and Cycle Group Exercise Schedule

Effective June 2nd, 2025

|                       |          | Monday                                       | Tuesday                                     | Wednesday                                  | Thursday                                     | Friday                                     | Saturday                             | Sunday                                  |
|-----------------------|----------|--|---|--|--|--|--------------------------------------|---|
| Group Exercise Studio | 5:30 AM  | <b>BODYPUMP Express</b><br>Virtual :45       |   | <b>BODYPUMP</b><br>Virtual :60             | <b>BODYCOMBAT</b><br>Virtual :30             | <b>BODYPUMP</b><br>Virtual :60             |                                      |   |
|                       | 6:00 AM  |  | <b>BODYPUMP</b><br>Michelle R :60           |  | <b>BODYPUMP Express</b><br>Virtual :45       |  |                                      |   |
|                       | 7:00 AM  | <b>BODYATTACK</b><br>Virtual :45             |   | <b>LES MILLS CORE</b><br>Virtual :30       |  | <b>Barre</b><br>Elizabeth :45              |                                      |   |
|                       | 8:00 AM  | <b>Mat Pilates</b><br>Debbie :55             |   | <b>BODYPUMP Express</b><br>Michelle R :45  | <b>Low-Impact Cardio</b><br>Maureen :55      | <b>BODYPUMP Express</b><br>Tracy :45       |                                      | <b>LES MILLS DANCE</b><br>Virtual :30   |
|                       | 8:30 AM  |  |   |  |  |  | <b>Zumba</b><br>Debbie :55           |   |
|                       | 9:00 AM  | <b>Zumba</b><br>Debbie :55                   | <b>Core Conditioning</b><br>Norma :45       |  |  | <b>Yoga Flow</b><br>Debbie :55             |                                      | <b>LES MILLS BALANCE</b><br>Virtual :30 |
|                       | 9:30 AM  |  |   | <b>Sit &amp; Strength</b><br>Elizabeth :45 | <b>Beginner Boots Line</b><br>Michelle R :55 |  | <b>BODYPUMP</b><br>Michelle R :60    | <b>BORN TO MOVE</b><br>Virtual :35      |
|                       | 10:30 AM | <b>Yoga Flow</b><br>Elaine :55               | <b>Strength &amp; Balance</b><br>Debbie :45 | <b>Balance Challenge</b><br>Elizabeth :45  | <b>Strength &amp; Balance</b><br>Debbie :45  | <b>Sit &amp; Strength</b><br>Elizabeth :45 |                                      | <b>BODYPUMP Express</b><br>Virtual :45  |
|                       | 12:00 PM | <b>BODYPUMP Express</b><br>Virtual :45       | <b>BODYATTACK</b><br>Virtual :45            | <b>LES MILLS CORE</b><br>Virtual :30       | <b>BODYPUMP Express</b><br>Virtual :45       | <b>BODYATTACK</b><br>Virtual :45           | <b>BORN TO MOVE</b><br>Virtual :35   | <b>LES MILLS DANCE</b><br>Virtual :45   |
|                       | 3:00 PM  | <b>LES MILLS DANCE</b><br>Virtual :45        | <b>BODYATTACK</b><br>Virtual :45            | <b>BODYATTACK</b><br>Virtual :45           | <b>BODYPUMP Express</b><br>Virtual :45       | <b>BODYCOMBAT</b><br>Virtual :30           | <b>LES MILLS CORE</b><br>Virtual :30 | <b>BODYATTACK</b><br>Virtual :45        |
|                       | 4:30 PM  | <b>Hyperkick &amp; Strength</b><br>Tracy :45 | <b>BODYPUMP Express</b><br>Virtual :45      | <b>LES MILLS BALANCE</b><br>Virtual :45    | <b>STRONG Nation</b><br>Michelle J :55       | <b>BODYPUMP</b><br>Virtual :60             |                                      |   |
|                       | 5:30 PM  | <b>BODYPUMP</b><br>Tracy :60                 | <b>Zumba</b><br>Janet :55                   | <b>BODYPUMP</b><br>Virtual :60             | <b>BORN TO MOVE</b><br>Virtual :35           | <b>LES MILLS BALANCE</b><br>Virtual :45    |                                      |   |
|                       | 6:45 PM  | <b>Line Dance</b><br>Michelle R :55          |   |  |  |  |                                      |   |
|                       | 7:00 PM  |  | <b>Yoga Flow</b><br>Yolanda :55             |  | <b>Yoga Flow</b><br>Elaine :55               |  |                                      |   |
| Performance Studio    | 5:30 AM  |  | <b>Cycling</b><br>Olga :45                  |  | <b>Cycling</b><br>Olga :45                   | <b>LES MILLS TRIP</b><br>Virtual :45       |                                      |   |
|                       | 7:30 AM  | <b>LES MILLS RPM</b><br>Virtual :30          |   | <b>LES MILLS RPM</b><br>Virtual :30        | <b>LES MILLS TRIP</b><br>Virtual :45         |  | <b>Cycling</b><br>Joanie / Olga :45  | <b>LES MILLS SPRINT</b><br>Virtual :30  |
|                       | 8:00 AM  |  | <b>Cycling &amp; Strength</b><br>Norma :45  |  |  |  |                                      |   |
|                       | 9:00 AM  | <b>Cycling</b><br>Joanie :45                 |   | <b>Cycling</b><br>Joanie :45               |  | <b>Cycling</b><br>Jay :45                  | <b>LES MILLS TRIP</b><br>Virtual :45 |   |
|                       | 12:00 PM | <b>LES MILLS RPM</b><br>Virtual :30          | <b>LES MILLS SPRINT</b><br>Virtual :30      | <b>LES MILLS RPM</b><br>Virtual :30        | <b>LES MILLS SPRINT</b><br>Virtual :30       | <b>LES MILLS RPM</b><br>Virtual :30        | <b>LES MILLS TRIP</b><br>Virtual :45 |   |
|                       | 1:00 PM  |  |   |  |  |  | <b>LES MILLS RPM</b><br>Virtual :30  | <b>LES MILLS TRIP</b><br>Virtual :45    |
|                       | 5:30 PM  | <b>LES MILLS TRIP</b><br>Virtual :45         | <b>LES MILLS RPM</b><br>Virtual :30         | <b>LES MILLS TRIP</b><br>Virtual :45       | <b>LES MILLS RPM</b><br>Virtual :30          | <b>LES MILLS RPM</b><br>Virtual :30        |                                      |   |
|                       | 7:00 PM  | <b>LES MILLS RPM</b><br>Virtual :30          | <b>LES MILLS SPRINT</b><br>Virtual :30      | <b>LES MILLS RPM</b><br>Virtual :30        | <b>LES MILLS SPRINT</b><br>Virtual :30       |  |                                      |   |

# Group Exercise Class Descriptions

*We welcome all new group exercise participants to introduce themselves to the instructor before class begins and ask for any modifications that may be necessary.*

**Balance Challenge: (Capacity 20)** Focus on balance, breathing techniques, and relaxation while using the barre and other equipment. Wear loose, comfortable clothing.

**Barre: (Capacity 20)** Combines Pilates, Dance, and Functional Fitness Training. Using a ballet barre and light weights, challenge and engage your entire mind and body.

Shoes optional. Grippy socks are recommended.

**Beginner Boots Line: (Capacity 40)** Start your day moving to beginner friendly line dances. Specifically designed to increase mental sharpness, improve balance, and coordination. Simple, fun, and easy for all ages and levels.

**Core Conditioning: (Capacity 40)** Use body weight and resistance equipment to strengthen your core and improve your balance.

**Cycling: (Capacity 20)** High-intensity, low-impact workout that combines cycling with interval training. This class utilizes indoor cycling bikes while combining elements of road cycling such as: sprints, climbs, and flat roads to challenge riders and improve cardiovascular health.

**Cycling and Strength: (Capacity 20)** This combination workout will incorporate cardiovascular training on the cycling bike and strength training utilizing a variety of exercise equipment.

**Hyperkick and Strength: (Capacity 40)** A high-energy, challenging class, for all levels that combines kickboxing, strength, and cardio.

**Les Mills BODYATTACK™: (Capacity 40)** A high-energy workout combining strength and agility exercises that will build cardiovascular stamina and improve coordination.

**Les Mills BODYBALANCE™: (Capacity 40)** A yoga-based class that will improve your mind and body through elements of breathing exercises, Tai Chi and Pilates.

**Les Mills BODYCOMBAT™: (Capacity 40)** A non-contact, high-energy, Martial Arts inspired workout featuring moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.

**Les Mills BODYPUMP™: (Capacity 24)** A total body workout using a barbell with light to moderate weights and high repetition.

**Les Mills BORN TO MOVE™: (Capacity 40)** A series of movement classes for ages 12 and older. Encourage the next generation to live a healthy, active life with this high energy class full of awesome music and fun moves. Attend with your children to strengthen your bodies and your bond.

**Les Mills CORE™: (Capacity 40)** A core-focused workout to build strength, stability, endurance and balance.

**Les Mills DANCE™: (Capacity 40)** A high-energy workout featuring 10 tracks of choreography including a warm-up, cardio peaks and a cool-down. It combines innovative dance moves with the latest music.

**Les Mills RPM™: (Capacity 20)** This low-impact class will take you on a journey of hill climbs, sprints, and flat riding.

**Les Mills SPRINT™: (Capacity 20)** A high-intensity, low-impact workout combining bursts of intensity with periods of rest.

**Les Mills TRIP™: (Capacity 20)** A fully immersive workout experience combining a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

**Line Dance: (Capacity 40)** Enjoy a throw-down, boot-stomping good time with choreographed line dances that combine body movement and footwork from music genres such as country, hip-hop, and Latin dance moves.

**Low-Impact Cardio: (Capacity 40)** Get your heart pumping, blood flowing, mind thinking, and muscles moving with 25-minutes of cardio moves followed by dumbbell strength and a comfortable stretch in this low-impact strength class.

**Mat Pilates: (Capacity 40)** Lengthen and strengthen. Join us for a mind-body connection with movements that will provide a full body workout.

**Sit & Strength: (Capacity 40)** This low-impact class strengthens your body with weights and bands while seated.

**Strength & Balance: (Capacity 40)** This class is for individuals looking to improve strength, balance, and flexibility.

**STRONG Nation®: (Capacity 40)** Combines body weight, muscle conditioning, cardiovascular and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Yoga Flow: (Capacity 40)** Links multiple Hatha Yoga poses creating active, flowing movement. Improves strength, flexibility, endurance, and balance. Modifications and principles of alignment allow you to stay safe and feel challenged.

**Zumba®: (Capacity 40)** A total body workout combining cardio, muscle conditioning, balance, and flexibility while dancing.