

# Land and Cycle Group Exercise Schedule

Effective June 2nd, 2025

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