

# Land and Cycle Group Exercise Schedule

Effective January 4th, 2026

## Group Exercise Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		<b>BODYPUMP™ Express</b> Virtual :45		<b>BODYPUMP™ Express</b> Virtual :45		<b>BODYPUMP™ Express</b> Virtual :45	
6:00 AM			<b>BODYPUMP™</b> Michelle R.:60		<b>BODYPUMP™</b> Sommer :60		
7:00 AM		<b>CORE™</b> Virtual :45		<b>CORE™</b> Virtual :45		<b>Barre</b> Elizabeth :45	
7:30 AM			<b>CORE™ Ab Blast</b> Virtual :15		<b>CORE™ Ab Blast</b> Virtual :15		<b>Super Saturday</b> Rotating :45
8:00 AM	<b>DANCE™</b> Virtual :30	<b>Mat Pilates</b> Debbie :55	<b>Low-Impact Cardio</b> Maureen :45	<b>BODYPUMP™ Express</b> Michelle R. :45	<b>Low-Impact Cardio</b> Maureen :45	<b>BODYPUMP™ Express</b> Tracy :45	
8:30 AM							<b>Zumba®</b> Debbie :55
9:00 AM	<b>BODYCOMBAT™</b> Virtual :30	<b>Zumba®</b> Debbie :55	<b>Core Conditioning</b> Norma :45		<b>Line Dance Demo</b> Michelle R :25	<b>Yoga Flow</b> Debbie :55	
9:30 AM	<b>BORN TO MOVE™</b> Virtual :30			<b>Sit and Strength</b> Elizabeth :45	<b>Beginner Boots Line</b> Michelle R :45		<b>BODYPUMP™</b> Michelle R. :60
10:30 AM	<b>BODYPUMP™ Express</b> Virtual :45	<b>Yoga Flow</b> Elaine :55	<b>Strength and Balance</b> Debbie :45	<b>Balance Challenge</b> Elizabeth :45	<b>Strength and Balance</b> Debbie :45	<b>Sit and Strength</b> Elizabeth :45	
11:30 AM	<b>BODYATTACK™</b> Virtual :45	<b>CORE™</b> Virtual :30	<b>Beginner Boots Line</b> Michelle R :45	<b>CORE™</b> Virtual :30	<b>DANCE™</b> Virtual :45	<b>BODYATTACK™</b> Virtual :45	<b>BORN TO MOVE™</b> Virtual :30
3:00 PM	<b>BODYBALANCE™</b> Virtual :45	<b>BODYBALANCE™</b> Virtual :60	<b>BODYPUMP™ Express</b> Virtual :45	<b>BODYBALANCE™</b> Virtual :60	<b>BODYPUMP™ Express</b> Virtual :45	<b>BODYBALANCE™</b> Virtual :60	<b>BODYBALANCE™</b> Virtual :45
4:30 PM		<b>Hyperkick</b> Tracy :45	<b>T.B.C.</b> Michelle J. :45	<b>BODYCOMBAT™</b> Virtual :45	<b>T.B.C.</b> Marissa :45	<b>Hyperkick</b> Emily :45	
5:30 PM		<b>BODYPUMP™</b> Tracy :60	<b>Zumba®</b> Janet :55	<b>BODYPUMP™</b> Virtual :60	<b>WERQ Dance Fitness</b> Emily :45	<b>BODYPUMP™</b> Virtual :60	
6:45 PM		<b>Line Dance</b> Michelle R :55		<b>Zumba®</b> Marissa :55			
7:00 PM			<b>Yoga Flow</b> Yolanda :55		<b>Yoga Flow</b> Elaine :55		

## Performance Studio

5:30 AM			<b>Cycling</b> Olga :45		<b>Cycling</b> Olga :45		
7:30 AM	<b>SPRINT™</b> Virtual :30	<b>RPM™</b> Virtual :30	<b>SPRINT™</b> Virtual :30	<b>RPM™</b> Virtual :30	<b>SPRINT™</b> Virtual :30	<b>RPM™</b> Virtual :30	<b>Cycling</b> Joanie / Olga :45
8:00 AM			<b>Cycle and Strength</b> Norma :45		<b>Cycle and Stretch</b> Sommer :45		
9:00 AM	<b>The TRIP™</b> Virtual :45	<b>Cycling</b> Joanie :45	<b>The TRIP™</b> Virtual :45	<b>Cycling</b> Joanie :45	<b>The TRIP™</b> Virtual :45	<b>Cycling</b> Jay :45	<b>Cycle and Strength</b> Rotating :45
12:00 PM	<b>The TRIP™</b> Virtual :45	<b>RPM™</b> Virtual :30	<b>SPRINT™</b> Virtual :30	<b>RPM™</b> Virtual :30	<b>SPRINT™</b> Virtual :30	<b>RPM™</b> Virtual :30	<b>The TRIP™</b> Virtual :45
5:30 PM		<b>The TRIP™</b> Virtual :45	<b>RPM™</b> Virtual :30	<b>The TRIP™</b> Virtual :45	<b>RPM™</b> Virtual :30	<b>SPRINT™</b> Virtual :30	
7:00 PM		<b>RPM™</b> Virtual :30	<b>The TRIP™</b> Virtual :45	<b>RPM™</b> Virtual :30	<b>The TRIP™</b> Virtual :45		

# Class Descriptions

We welcome group exercise participants to ask the instructor for modifications when necessary.

**Balance Challenge: (Capacity 30)** Focus on balance, breathing techniques, and relaxation while using the barre and other equipment. Wear loose, comfortable clothing.

**Barre: (Capacity 17)** Combines Pilates, dance, and functional training while using the ballet barre and light weights to challenge and engage your entire mind and body. Shoes optional, grippy socks are recommended.

**Beginner Boots Line: (Capacity 35)** Start your day moving to beginner-friendly line dances. Specifically designed to increase mental sharpness as well as improve balance and coordination. Simple, fun, and easy for all ages and levels.

**Core Conditioning: (Capacity 30)** Use bodyweight 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.

**Cycle and Strength: (Capacity 20)** This workout incorporates cardiovascular training on the bike and strength training exercises for a well-rounded fitness experience.

**Cycle and Stretch: (Capacity 20)** Experience a high-intensity, low-impact ride that is balanced with a full-body stretch to help improve your overall flexibility.

**Hyperkick: (Capacity 30)** A high-energy, challenging class for all levels that combines kickboxing, strength, and cardiovascular training.

**Les Mills BODYATTACK™: (Capacity 30)** A high-energy workout combining strength and agility exercises that will build cardiovascular stamina and improve coordination.

**Les Mills BODYBALANCE™: (Capacity 30)** A yoga-based class that will improve your mind and body through elements of breathing exercises, Tai Chi, and Pilates.

**Les Mills BODYCOMBAT™: (Capacity 30)** A non-contact, high-energy, Martial Arts inspired workout featuring moves from Karate, Taekwondo, Muay Thai, and more.

**Les Mills BODYPUMP™/ BODYPUMP™ Express: (Capacity 30)** A total body workout using a barbell with light to moderate weights and high repetition.

**Les Mills BORN TO MOVE™: (Capacity 30)** A series of movement classes for ages twelve 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 30)** A core-focused workout to build strength, stability, endurance, and balance.

**Les Mills DANCE™: (Capacity 35)** A high-energy workout featuring dance choreography including a warm-up, cardio peaks, and a cooldown. 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 The TRIP™: (Capacity 20)** A fully immersive workout experience combining a multi-peak cycling workout with a journey through digitally created worlds.

**Line Dance: (Capacity 35)** Enjoy a throw-down, boot-stompin' good time with line dances that combine body movement and footwork from music genres such as country, hip-hop, Latin, and more.

**Line Dance Demo: (Capacity 35)** Excited to try Line Dance or Beginner Boots Line but want extra practice with the moves broken down? This is the class for you!

**Low-Impact Cardio: (Capacity 30)** This low-impact class gets your heart pumping, mind thinking, and muscles moving with a segment of cardiovascular moves followed by strength training and stretching exercises.

**Mat Pilates: (Capacity 30)** Lengthen and strengthen. Join us to experience a mind-body connection with movements that will provide a full-body workout.

**Sit and Strength: (Capacity 30)** This low-impact class strengthens your body using weights and resistance bands while in a seated position.

**Strength and Balance: (Capacity 30)** This class is for individuals looking to improve strength, balance, and flexibility.

**Super Saturday: (Capacity Varies)** Keep workouts fresh and challenge yourself with this instructor's choice variety class. Check the Info Wall for instructors and formats.

**T.B.C. (Total Body Conditioning): (Capacity 30)** Level up with this total body metabolic conditioning workout! Power through strength and cardiovascular exercises in a variety of formats such as timed intervals, circuits, high-intensity interval training (HIIT), etc.

**WERQ Dance Fitness: (Capacity 35)** A cardiovascular workout that combines trending pop and hip-hop music with energetic dance moves. The class is designed to be judgment-free, creating a supportive environment for all participants.

**Yoga Flow: (Capacity 30)** 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 35)** This class takes the work out of the workout by mixing low and high-intensity moves for an interval-style, calorie-burning, dance fitness party! Enjoy this total body workout combining cardiovascular training, muscle conditioning, balance, and flexibility while dancing.