

Land and Cycle Group Exercise Schedule

Effective October 4, 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Exercise Studio	5:30 AM		BODYPUMP™ Express Virtual :45		BODYPUMP™ Express Virtual :45		BODYPUMP™ Express Virtual :45	
	6:00 AM			BODYPUMP™ Michelle R. :60		BODYPUMP™ Virtual :60		
	7:00 AM		Strength Development™ Scott :45		Strength Development™ Emily :45		Barre Elizabeth :45	
	8:00 AM		Mat Pilates Debbie :55	Shapes™ Jorie :45	BODYPUMP™ Michelle R. :60	Fusion Tricia :45	BODYPUMP™ Express Tracy :45	
	8:30 AM	DANCE™ Virtual :30						Zumba® Debbie :55
	9:00 AM	BODYCOMBAT™ Virtual :30	Zumba® Debbie :55	Low-Impact Strength Maureen :55		Line Dance Demo Michelle R. :25	Yoga Flow Debbie :55	
	9:30 AM	CORE™ Virtual :30			Sit and Strength Elizabeth :45	Beginner Boots Line Michelle R. :45		LesMills™ Variety Rotating :45
	10:30 AM	BODYPUMP™ Express Virtual :45	Yoga Flow Elaine :55	Strength and Balance Debbie :45	Balance Challenge Elizabeth :45	Strength and Balance Debbie :45	Sit and Strength Elizabeth :45	
	11:30 AM	BODYATTACK™ Virtual :45		Beginner Boots Line Michelle R. :45	CORE™ Virtual :30	BODYATTACK™ Virtual :45	DANCE™ Virtual :45	CORE™ Virtual :30
	3:00 PM	BODYBALANCE™ Virtual :45	BODYBALANCE™ Virtual :60	BODYPUMP™ Express Virtual :45	BODYBALANCE™ Virtual :60	BODYPUMP™ Express Virtual :45	BODYPUMP™ Virtual :60	BODYBALANCE™ Virtual :45
	4:30 PM		Hyperkick Tracy :45	T.B.C. Michelle J. :45	BODYPUMP™ Virtual :60	Strength Development™ Emily :45	Hyperkick Rotating :45	
	5:30 PM		BODYPUMP™ Tracy :60	Zumba® Janet :55	Shapes™ Michelle J. :45	Dance Fitness Marissa :55		
	6:45 PM		Line Dance Michelle R. :55					
	7:00 PM			Yoga Flow Yolanda :55		Yoga Flow Rotating :55		
Performance Studio	5:30 AM			Cycling Olga :45		Cycling Olga :45		
	7:30 AM	sprint™ Virtual :30	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	Cycling Joanie / Olga :45
	8:00 AM			THE TRIP™ Virtual :45		Cycling Plus Sommer :45		
	9:00 AM	THE TRIP™ Virtual :45	Cycling Joanie :45	THE TRIP™ Virtual :45	Cycling Joanie :45	THE TRIP™ Virtual :45	Cycling Jay :45	THE TRIP™ Virtual :45
	12:00 PM	THE TRIP™ Virtual :45	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	THE TRIP™ Virtual :45
	5:00 PM		THE TRIP™ Virtual :45	Studio Reserved Rotating :50	THE TRIP™ Virtual :45	Studio Reserved Rotating :50	sprint™ Virtual :30	
	7:00 PM		RPM™ Virtual :30	THE TRIP™ Virtual :45	RPM™ Virtual :30	THE TRIP™ Virtual :45		

Class Descriptions

We welcome group exercise participants to ask the instructor for modifications when necessary. For your safety, and the courtesy of other participants, classes close for late arrivals five minutes after the scheduled start time.

Balance Challenge: (Capacity 30) Focus on balance, breathing techniques, and relaxation while using the ballet 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.

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 Plus: (Capacity 20) Experience a high-intensity, low-impact ride that is balanced with bonus exercises off the bike for a well-rounded fitness experience.

Dance Fitness: (Capacity 35) When in doubt, dance it out! This high-energy workout combines dance movements from a variety of styles such as hip-hop, Latin, jazz, and more that engage the entire body, help to improve coordination, and sculpt strong muscles while boosting cardiovascular health.

Fusion: (Capacity 30) Combines Pilates, yoga, and barre for an incredible workout that will engage you, challenge you, and change the way you exercise!

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

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

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

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

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

LesMills CORE™: (Capacity 30) A core-focused workout to build strength, stability, endurance, and balance.

LesMills DANCE™: (Capacity 35) A high-energy workout that features dance choreography and combines innovative dance moves to the latest music.

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

LesMills Shapes™: (Capacity 30) A mix of sculpt training, Pilates, and power yoga all rolled into one. This full-body workout is low-impact but high output with small and controlled movements, modern beats, and lots of burn. The perfect way to build strength without lifting.

LesMills sprint™: (Capacity 20) A high-intensity, low-impact indoor cycling workout combining bursts of intensity with periods of rest.

LesMills Strength Development™: (Capacity 30) Progress your strength in stages. A total-body workout that takes you through three training blocks. From slow controlled moves for pure strength, to hypertrophy for muscle building, then integrated training that feels athletic and explosive.

LesMills THE TRIP™: (Capacity 20) A fully immersive workout experience combining a multi-peak cycling workout with a journey through digitally created worlds.

LesMills™ Variety: (Capacity 30) Keep workouts fresh and challenge yourself as this class rotates weekly between BODYPUMP™, Shapes™ and Strength Development™.

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 Strength: (Capacity 30) Build Strength using dumbbells, barbells, and body weight then unwind with gentle stretching and mobility exercises for a well-rounded workout.

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.

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.

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!