

CLUB4FITNESS LAKE HARBOUR GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM SPIN Amy	5:15 AM LES MILLS BODYPUMP Regina	5:15 AM SPIN Kenny	5:15 AM LES MILLS sprint Regina	5:15 AM SPIN Amy	8:15 AM SPIN 1-Kenny, 8-Kaitlyn, 15-TBA, 22-RPM/ Kaitlyn, 29-Kenny
6:00 AM LES MILLS BODYPUMP Allison	10:00 AM WATER AEROBICS Jen W.	6:00 AM LES MILLS BODYPUMP Crystal	5:45 AM LES MILLS CXWORX Regina	6:00 AM LES MILLS BODYPUMP Crystal	9:00 AM LES MILLS BODYPUMP 1-Jen, 8-Kaitlyn, 15- Lysa, 22-Kaitlyn, 29- Lacey
8:15 AM SPIN Jopi	4:30 PM LES MILLS BODYPUMP Melissa	8:15 AM LES MILLS GRIT Autumn	8:15 AM SPIN Jopi	8:00 AM STEP Jen W.	10:00 AM CARDIO 1-STEP/Jen, 8- Combat/Demeka, 15 -Attack/Lysa, 22- Zumba/Rachel, 29- Combat/Lacey
8:15 AM LES MILLS GRIT Autumn	5:35 PM LES MILLS BODYATTACK Ali	8:45 AM LES MILLS BODYATTACK Teresa	9:00 AM CLUB HIIT Jopi	8:45 AM LES MILLS 45° BODYPUMP Jen W.	
8:45 AM LES MILLS BODYPUMP Kaitlyn	5:45 PM LES MILLS RPM Jason	4:30 PM LES MILLS BODYCOMBAT Autumn	10:00 AM WATER AEROBICS Jen W.	9:30 AM LES MILLS CXWORX Jen W.	
9:45 AM LES MILLS BODYFLOW Kaitlyn	6:35 PM LES MILLS GRIT Melissa	5:35 PM LES MILLS 45° BODYPUMP Lacey	4:30 PM LES MILLS BODYPUMP Autumn		
4:30 PM ZUMBA Christina		5:45 PM SPIN Kristen	5:45 PM LES MILLS 45° BODYCOMBAT Demeka		
5:35 PM LES MILLS BODYPUMP Ali		6:15 PM LES MILLS CXWORX Lacey	5:45 PM LES MILLS sprint Melissa		
6:40 PM STEP Deborah			6:30 PM LES MILLS GRIT Melissa		

JUNE

Check out the
Mind & Body
Schedule for
additional
classes!

SUNDAY
2:15 PM SPIN 2-SPRINT/Regina , 9- Jopi, 16-Rita, 23-Jopi, 30-Rita
3:00 PM LES MILLS BODYPUMP 2-Ali, 9-Allison, 16- Rita., 23-Melissa, 30- Rita
4:05 PM YOGA Kirk

CLASS DESCRIPTIONS

LES MILLS

BODYPUMP - is a barbell workout for anyone looking to get lean, tone & fit-fast. Using light to moderate weights with lots of repetition gives you a total body workout. Scientifically proven move & techniques with encouragement, safety, motivation & great music. 540

LES MILLS

BODYCOMBAT - is a high energy Mix Martial Arts inspired workout that is non-contact that will get you fit fast and feeling strong. Kicking and punching your way into fitness while burning calories & releasing stress. 740

LES MILLS

BODYFLOW - is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a structured series of stretches, moves & poses to music creates a workout that brings the body into a state of harmony & balance.

LES MILLS

BODYATTACK - is a sports-inspired cardio workout for building strength & stamina. This high energy interval training class combines athletic aerobic movements with strength & stabilization exercises. 730

LES MILLS

CXWORX - is a 30 min workout exercising the muscles around the core making a stronger body for everyday life to your favorite sport. Using resistance tubes, weight plates as well as body weight exercises to tone the waistline and build a stronger core while toning glutes, hips and lower back.

LES MILLS

RPM - is a group indoor cycling workout where you control the intensity. It's fun, low impact with great music as your instructor takes you on a journey of hills climbs, sprints & flat riding. 675

HIIT (High-Intensity Interval Training)

LES MILLS **sprint**

- is a 30 min HIIT workout using an indoor bike to achieves has result. It is a short, intense style of training where the thrill & motivation comes from pushing your physical & mental limits. A high intensity low impact workout that's scientifically proven to return rapid result.

LES MILLS **GRIT**

STRENGTH - is a 30 min HIIT workout, designed to improve strength, cardiovascular fitness & build lean muscle. Using a barbell, weight plate & bodyweight exercises to blast all major muscle groups, it combines cutting-edge HIIT with powerful music & inspiration from coaches that motivate you to go harder.

LES MILLS **GRIT**

CARDIO - is a 30 min HIIT workout that improves cardiovascular fitness, increases speed & maximizes calorie burn. Using a variety of body weight exercises it provides challenges and intensity, while combining powerful music with inspirational coaches to motivating you to go harder and get fit fast.

LES MILLS **GRIT**

ATHLETIC - is a 30 min HIIT sports conditioning workout, designed to make you perform like an athlete. Using a step, bodyweight exercises and multi-dimensional sports condition training to increase your overall athletic performance: strength, agility, speed & power. It takes cutting-edge HIIT training with powerful music and inspirational coaching.

VARIETY CLASSES

CLUB HIIT - Cardio, plyometrics, strength and everything in between. A 30-45-minute-high intensity interval training.

SPIN - Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat yet inspired to come back for more.

STEP - A great cardio option that takes back old school, but with fresh new moves and music

WATER AEROBICS - This invigorating class held in the pool improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe, effective, and fun workout! This workout also allows a break from the "impact" on the body without pounding your joints, ligaments, and tendons.

YOGA - Enhance your strength, balance, flexibility, and stability while finding your inner calmness and peace. Just breathe...OM