

# THE CLUB AT THE TOWNSHIP GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Crystal	5:15 AM <b>LES MILLS</b> <b>sprint</b> Crystal	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Lysa	5:15 AM <b>LES MILLS</b> <b>RPM</b> Crystal	5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Regina	8:15 AM <b>SPIN</b> 1-TBA, 8-Kenny, 15-Allison D, 22- RPM/Crystal, 29- RPM/Regina
8:00 AM <b>STEP</b> Jen W.	5:15 AM <b>LES MILLS</b> <b>GRIT</b> Cardio Lacey	8:45 AM <b>SPIN</b> Jopi	5:15 AM <b>LES MILLS</b> <b>GRIT</b> Strength Lacey	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Rotation	9:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> 1-Autumn, 8- Melissa, 15- Allison, 22-Ali, 29- Regina
8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Jen W.	5:50 AM <b>LES MILLS</b> <b>CXWORX</b> Crystal	9:00 AM <b>WATER AEROBICS</b> Lauri	6:00 AM <b>LES MILLS</b> <b>CXWORX</b> Crystal	9:00 AM <b>WATER AEROBICS</b> Lauri	10:00 AM <b>CARDIO</b> 4-Combat/Autumn, 8-Flow/Melissa, 15 -Combat/Demeka, 22-Attack/Ali, 29- Flow/Sarah
9:00 AM <b>WATER AEROBICS</b> Lauri	8:45 AM <b>SPIN</b> Jen W.	9:45 AM <b>CLUB HIIT</b> Jopi	8:45 AM <b>LES MILLS</b> <b>BODYCOMBAT</b> Lysa	9:50 AM <b>YOGA</b> Donna	
9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Jen W.	9:30 AM <b>LES MILLS</b> <b>BODYFLOW</b> Allison G.	4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Melissa	9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Lysa		
4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Lysa	5:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Allison	5:30 PM <b>LES MILLS</b> <b>CXWORX</b> Melissa	5:35 PM <b>LES MILLS</b> <b>BODYATTACK</b> Ali		
5:35 PM <b>LES MILLS</b> <b>CXWORX</b> Lysa		6:00 PM <b>LES MILLS</b> <b>BODYFLOW</b> Melissa	5:45 PM <b>SPIN</b> Kristen		
5:30 PM <b>LES MILLS</b> <b>sprint</b> Melissa					

# JUNE 2019

## CLASS DESCRIPTIONS

**LES MILLS BODY PUMP** - 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

**ZUMBA** – Ditch the workout and join the party! This fun, easy to follow dance class combines high energy and motivating music. Unique moves and combinations to create a workout but make you feel like you are partying on the dance floor!