

FITNESS CLASS SCHEDULE

September 4 - November 26

Group Classes

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM - 6:45 AM Spin	6:15 AM - 7:00 AM CORE	6:00 AM - 6:45 AM Spin		8:00 AM - 8:45 AM Body Pump
7:30 AM - 8:30 AM Body Pump	7:15 AM - 8:00 AM TRX	7:30 AM - 8:30 AM Body Pump	7:15 AM - 8:00 AM TRX	8:45 AM - 9:15 AM CORE
4:00 PM - 5:00 PM Yoga	4:00 PM - 5:00 PM BodyCombat		4:00 PM - 5:00 PM BodyCombat	
5:15 PM - 6:00 PM Cardio Shred	5:15 PM - 6:00 PM HIIT	5:15 PM - 6:00 PM Cardio Shred	5:15 PM - 6:00 PM HIIT	



Group Classes - What to Expect:

Taught by in-person instructor

All equipment is provided

Save your spot online or at the front desk

Classes are included with any membership



Level of fun experienced
in Group Classes

Virtual Classes (Pre-Recorded)

Virtual Classes - What to Expect:

All equipment is provided

No reservations required

Classes are included with any membership

Kids Camp often uses the fitness room, check with the front desk

Monday	Tuesday	Wednesday	Thursday	Friday
8:30- 9:30 AM Body Flow	8:30- 9:00 AM Grit: Athletic	8:30- 9:30 AM Body Flow	8:30- 9:00 AM Grit: Athletic	8:30- 9:30 AM Body Flow
9:30 am - 10:00 AM Grit: Cardio	9:00- 10:00 AM Body Pump	9:30- 10:00 AM Grit: Cardio	9:00- 10:00 AM Body Pump	9:30- 10:00 AM Grit: Cardio
11:30 AM - 12:30 PM Body Flow	11:30- 12:00 PM Grit: Cardio	11:30- 12:30 PM Body Flow	11:30- 12:30 PM Grit: Cardio	11:30- 12:30 PM Body Flow
4:00 PM - 5:00 PM Body Flow		4:00- 5:00 PM Body Flow	4:00- 4:30 PM Les Mills Barre	4:00- 5:00 PM Body Flow

Average calories burned in virtual classes



FITNESS CLASS DESCRIPTIONS

HIIT

High Intensity Interval Training. A workout consisting of challenging exercises that take on all parts of your body with high impact exercises

Body Pump (Live & On-Demand Classes)

Barbell focused workout that uses light to moderate weights with lots of repetition to help you build strength, get lean, toned, and fit-fast

Cardio Shred

A HIIT style class that has an emphasis on cardio based workouts

Les Mills Core

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility

Les Mills Virtual Classes:

CXWORX

A 30-minute virtual class that exercises all muscles surrounding the core to aid in overall fitness improvement.

Body Flow

Yoga-based class that improves flexibility and core strength while reducing stress levels. Incorporates Tai Chi and Pilates movements.

Les Mills Barre

Virtual class that utilizes classis balletic training to shape and tone the muscles and build core strength.

Les Mills Grit

HIIT series of workouts- cardio, strength, and plyo that are designed to work the body in different ways. Build cardio, endurance, and strength.

Yoga

Great for beginner and those more advanced, our yoga instructors guide you through various poses and breathing exercises that will leave you feeling refreshed and ready to take on the mountain

TRX

This class takes the suspension system of TRX and adds the additional challenge of kettlebells to up your game

BodyCombat

A high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

SPIN

Cycle through high and low intensity exercises, burning through hundreds of calories in just 45 minutes!