

MONDAY

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|----------------|----------------|----|---------------|-------|
| 5:45-6:15 am | SPRINT** | CS | Jen | |
| 6:15-6:35 am | CXWORX Exp.** | 1 | Jen | NEW! |
| 8:30-9:30 am | BODYPUMP | 1 | Amy | |
| 8:30-9:00 am | SPRINT** | CS | Mary | |
| 9:30-10:30 am | Studio Cycling | CS | Emily | |
| 9:30-10:30 am | Zumba | MB | Lora | |
| 10:35-11:05 am | CXWORX ** | 1 | Patty | |
| 11:15-12:15 pm | Yogabasics | MB | Jennifer | NEW! |
| 12:00-12:45 pm | BODYPUMP Exp.* | 1 | LuAnn | |
| 4:30-5:15 pm | FIT Bootcamp* | A | John/Andre | |
| 4:30-5:30 pm | BODYPUMP | 1 | Nina | |
| 4:45-5:30 pm | Pilates* | MB | Susan | TRIAL |
| 5:30-6:00 pm | CXWORX ** | 1 | Joan | |
| 5:30-6:30 pm | Studio Cycling | CS | Rotating Team | |
| 5:45-6:30 pm | Cardio Boxing* | A | Dan | |
| 6:00-6:45 pm | Zumba* | MB | Allison | NEW! |
| 6:35-7:05 pm | SPRINT** | CS | Ashleigh/Jen | |

TUESDAY

| | | | | |
|----------------|-------------------|----|--------------------|----------|
| 5:45-6:30 am | Studio Cycling* | CS | Aimee | New Time |
| 8:30-9:30 am | Step Works | 1 | Michele | |
| 8:30-9:30 am | Vinyasa Flow Yoga | MB | Jenn S. | |
| 8:30-9:30 am | Studio Cycling | CS | Amy | |
| 9:30-10:15 am | MYZONE Turf HIIT | T | John | TRIAL |
| 9:30-10:30 am | BODYPUMP | 1 | Patty | |
| 9:35-10:35 am | BODYFLOW | MB | LuAnn | |
| 9:40-10:10 am | SPRINT** | CS | Emily/Mary | |
| 11:00-11:45 am | BODYATTACK Exp.* | 1 | Sarah | |
| 12:00-1:00 pm | BOSU Bootcamp | 1 | Allyson | |
| 4:30-5:00 pm | SPRINT** | CS | Kathy Guz/Ashleigh | |
| 4:30-5:30 pm | Step Works | 1 | Michele/LuAnn | |
| 5:30-6:15 pm | Studio Cycling* | CS | Steph | |
| 5:30-6:25 pm | Zumba | MB | Jenn | |
| 5:30-6:30 pm | BODYPUMP | 1 | Ginnie | |
| 6:30-7:30 pm | BODYFLOW | MB | Kristin | |

KEY: 1 - Studio 1 CS - Cycle Studio T - Turf
 A - Agility Room MB - Mind Body Studio
 * 45-Minute Class ** 30-Minute Class or Less

For more information regarding the Group Fitness schedule, please contact Sarah Vecchio, Director of Fitness, at 610-376-2100 x 330 or svecchio@bodyzonesports.com

GROUP FITNESS

SCHEDULE EFFECTIVE DECEMBER 10, 2018

WEDNESDAY

| | | | | |
|----------------|-------------------|----|-----------------|----------|
| 5:40-6:40 am | BODYPUMP | 1 | Teresa | |
| 8:30-9:30 am | BODYPUMP | 1 | Amy | |
| 8:30-9:30 am | Power Yoga | MB | Jenn S. | |
| 9:30-10:30 am | Studio Cycling | CS | Mary | |
| 9:30-10:30 am | Step Fusion | 1 | Patty | |
| 9:35-10:35 am | Zumba | MB | Nina | New Time |
| 10:35-11:05 am | CXWORX** | 1 | Patty | |
| 11:10-12:10 pm | Asian Fusion | MB | Janet | |
| 12:00-12:30 pm | SPRINT** | CS | Emily/Nina | |
| 12:35-1:00 pm | Core Strength** | 1 | Emily/Nina | NEW! |
| 4:30-5:00 pm | BODYPUMP Exp.** | 1 | Ginnie | |
| 5:00-5:30 pm | CXWORX** | 1 | Ginnie | |
| 5:30-6:00 pm | BODYCOMBAT Exp.** | 1 | Ginnie | |
| 5:30-6:00 pm | SPRINT** | CS | Evelyn/Ashleigh | |
| 5:30-6:30 pm | BODYFLOW | MB | Kathy/LuAnn | |
| 6:00-6:45 pm | BODYATTACK Exp.* | 1 | Steph N. | |

THURSDAY

| | | | | |
|----------------|-------------------------|----|---------------|--|
| 5:45-6:45 am | Studio Cycling | CS | Audrey | |
| 8:30-9:15 am | Studio Cycling* | CS | Amy | |
| 8:30-9:15 am | Bootcamp* | 1 | Melissa | |
| 9:30-10:30 am | BODYPUMP | 1 | LuAnn | |
| 10:05-11:05 am | Beginner Yoga | MB | Uma | |
| 10:35-11:35 am | BODYSTEP | 1 | Julianne | |
| 12:00-1:00 pm | BODYPUMP/CXWORX | 1 | Patty | |
| 12:15-1:15 pm | Vinyasa Flow Yoga | MB | Lily | |
| 4:30-5:30 pm | BODYFLOW | MB | Joan | |
| 4:30-5:30 pm | BODYSTEP | 1 | Tammy | |
| 4:45-5:30 pm | High Intensity Training | A | Sarah/Lindsay | |
| 5:30-6:30 pm | BODYPUMP | 1 | Michele | |
| 5:30-6:30 pm | Studio Cycling | CS | Laura | |
| 5:45-6:45 pm | Yogabasics | MB | Lacey | |

FRIDAY

| | | | | |
|----------------|------------------|----|---------------|----------|
| 5:40-6:40 am | BODYPUMP | 1 | Teresa | |
| 8:35-9:35 am | BODYSTEP | 1 | Sarah | |
| 9:00-9:45 am | Zumba* | MB | Lora | |
| 9:30-10:30 am | Studio Cycling | CS | Audrey/Cheryl | |
| 9:35-10:20 am | BODYCOMBAT Exp.* | 1 | Melissa | |
| 9:45-10:45 am | BODYFLOW | MB | Valerie | |
| 10:00-11:00 am | Tai Chi/Qigong | A | Jan | New Time |
| 10:35-11:05 am | CXWORX** | 1 | Cheryl | |
| 11:15-12:15 pm | Yogabasics | MB | Jennifer | |
| 12:15-12:45 pm | SPRINT** | CS | Emily | |
| 5:00-5:30 pm | SPRINT** | CS | Ashleigh | |

SATURDAY

| | | | | |
|----------------|-------------------------|----|---------------|--|
| 7:30-8:30 am | BODYATTACK | A | Jen | |
| 8:00-9:00 am | BODYPUMP | 1 | Michele/LuAnn | |
| 8:00-8:55 am | Zumba | MB | Lora | |
| 8:30-9:00 am | SPRINT** | CS | Sarah/Nina | |
| 9:00-10:00 am | BODYFLOW | MB | Valerie | |
| 9:00-10:00 am | High Intensity Training | A | Corey | |
| 9:00-10:00 am | Step Works | 1 | Michele/LuAnn | |
| 9:15-10:15 am | Studio Cycling | CS | Jen | |
| 10:00-10:45 am | BODYCOMBAT Exp.* | 1 | Linette/Dan | |
| 10:10-11:10 am | Yogabasics | MB | Jenn S. | |
| 10:15-11:15 am | Corepole 'n Sculpt | A | Mary | |

SUNDAY

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|----------------|----------------|----|----------------|--|
| 8:00-9:00 am | Studio Cycling | CS | Laura | |
| 8:00-9:00 am | Step Works | 1 | Michele/LuAnn | |
| 9:00-10:00 am | BODYCOMBAT | 1 | Ginnie/Kristin | |
| 10:00-11:00 am | BODYPUMP | 1 | Jen B. | |
| 10:10-11:10 am | BODYFLOW | MB | Ginnie | |

SCHEDULE IS SUBJECT TO CHANGE

LES MILLS
BODYPUMP
 LES MILLS
BODYCOMBAT
 LES MILLS
BODYSTEP
 LES MILLS
sprint

ZUMBA
 FITNESS
 LES MILLS
BODYFLOW
 LES MILLS
CXWORX
 LES MILLS
BODYATTACK

BODY
ZONE
 Sports and Wellness Complex

Go to bodyzonesports.com/groupfitness for the most recent schedule.

MUSCLE CONDITIONING

MYZONE target ranges: blue and green heart rate zones

BODYPUMP™: 60 minutes. BODYPUMP™ is a revolutionary weight training workout in a group fitness setting that uses barbells with adjustable weights. Set to motivating music, BODYPUMP™ is a simple, athletic based workout that strengthens, tones and defines every major muscle in the body. Ideal for the beginner through the experienced exerciser as you are in charge of how much weight you put on the bar.

Corepole 'n Sculpt: Gain strength while using resistance bands to go through a progression of single to multi-muscle movements. Emphasis will be placed on form, technique and core awareness.

CKWORK™: Really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger! Your workout consists of exercises that both isolate (like crunches and leg extensions) and integrate (like standing balance and hovers) the various muscle groups. It challenges you and you really feel the benefits. (30 minutes)

MIND & BODY

Asian Fusion: Practiced over 3000 years by Asians, this priceless blend of Tai Chi, Qi Gong, Yoga and Acupressure Points Tapping incorporates continuous, gentle movements to purify and rejuvenate the whole body. This class is appropriate for all, from athletes to older adults.

Beginner Yoga: Caught between Chair Yoga and Yogabasics? This class is for you! It is perfect for those who are new to yoga and are looking for a slow paced, relaxing class. There will be a series of basic yoga poses, practiced with both sitting and standing positions. * Must be able to be on your knees and maneuver up and down off the floor easily.

BODYFLOW™: 60 minutes. BODYFLOW™ is the revolution in mind-body training that is changing the way people feel about their bodies. This class is a dynamic exercise-to-music program that leaves members feeling relaxed and renewed. BODYFLOW™ combines the best of eastern disciplines, like yoga and tai chi, with popular new methods like Pilates.

Power Yoga: This Vinyasa style, intermediate level yoga class will move you through the postures at a moderate pace with strong influence on breath awareness. Build all over body strength, flexibility, balance, muscular endurance and mental acuity. **Must have prior yoga experience.**

Tai Chi/Qigong: This class merges Tai Chi and Qigong — with the goal of improving mind/body health. Physical benefits include improved posture, balance, coordination, endurance, and flexibility. Mental benefits include reduced stress and improved awareness and mental clarity. Continuous gentle movements combined with breathing create meditation in motion.

Vinyasa Flow Yoga: This is a moderately paced class with emphasis on good alignment and conscious movement with the breath. Build strength and muscular endurance in addition to flexi-bility, balance and focus. Prior experience with yoga recommended.

Yogabasics: Learn the basic poses of yoga in a class that will help you to build strength, increase flexibility and improve balance. Modifications are offered but participants must be able to get onto, and up from, the floor with ease. Whether flowing thru Sun Salutations or holding poses in stillness, you will be encouraged to develop mindful breathing, focused attention, body awareness and self-acceptance.

CLASS DESCRIPTIONS

CARDIO

MYZONE target ranges: yellow and red heart rate zones

BODYATTACK™: The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

BODYCOMBAT™: 60 minutes. Explosively popular in clubs around the world, this class combines kicks, jabs and strikes from a range of self-defense disciplines like karate, boxing and Tae Kwon Do into an hour long energetic routine. Try the ultimate martial arts workout ... BODYCOMBAT™

BODYSTEP™: The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

sprint: A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

Step Fusion: An interval style, athletic workout on the step. This class will incorporate strength work with and without weights with a combination of athletic drills and plyometrics. Expect an intense workout at this class!

Step Works: Utilizing a step to be adjusted at any height to meet the needs of the participants. 60 minutes of continuous cardio and step choreography fun!

Studio Cycling: 45-60 minutes. This 'freestyle' cycling class is the instructor's choice of music and motivation. Each class normally incorporates climbs and free spins to make the ride a super calorie burner and an extreme cardio workout. Be sure to mention it if it is your first time taking an indoor cycling class so the instructor can help you set up your bike for proper alignment and give you some riding tips.

Please pick up a number at the desk to reserve your bike!

Zumba®: A latin-inspired, dance-fitness class that incorporates international music and dance movements, creating a dynamic exhilarating, and effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body using an aerobics/fitness approach.

COMBINATION CLASSES

MYZONE target ranges: green, yellow and red heart rate zones

Bootcamp: It's the ultimate circuit workout delivering interval cardio and muscle conditioning drills. Expect the unexpected in this bootcamp styled class. Lots of variety, lots of fun, all in 45 minutes.

Bosu Bootcamp: 60 minutes. Part cardio and part toning, this interval styled class provides a comprehensive, total body workout.

Cardio Boxing: This class is all about cardio and core conditioning while focusing on the bag. There will be a mix of martial arts, strength training and core exercises to challenge you in a fun way. This class is for anyone and will work with all levels of fitness! **Please note: You must pick up a number at the desk to reserve your spot.** Maximum of 12 spots available. Must bring your own boxing gloves to participate.

Core Strength: 30 minutes of strength training for your total body, with additional focus on core training. It is encouraged to take SPRINT before this class, to get a cardio and strength total body workout in one hour!

FIT Bootcamp: Functional High Intensity Training using the fundamentals of CrossFit. Timed "workouts of the day" designed by our BZ Trainer, that will test cardio and total body strength and conditioning. Equipment utilized will be medicine balls, kettlebells, battle ropes, boxes, dumbbells, jump ropes, and more!

High Intensity Training: Come ready to sweat and be ready for a challenge! This class will be a series of intense timed circuits to increase your strength and cardio endurance. If you're looking to improve your fitness level, this class is for you!

MYZONE HIIT Turf: Participants must have a MYZONE heart rate belt in order to attend this class. Join a fun and fast moving circuit style workout led by a Personal Trainer who will focus on MYZONE technology to train at specific heart rates to help increase metabolic function. If you do not have a MYZONE belt, please ask for a free sample from any of our personal training staff. **Please pick up a number at the desk to reserve your spot! Space is limited!**



Heart Rate Training Zone Chart



| Intensity | How you'll feel |
|------------------------------------|--|
| RED 100% to 90% | You're pushing yourself to your limits and can only sustain this activity for a short duration of time. Because of excessive metabolic byproduct buildup in your muscles, you will fatigue. |
| YELLOW 89% to 80% | Breathless, with difficulty saying more than 2-4 words in a row. Your hard-working muscles will "burn" due to metabolic byproduct buildup. Additional mental focus is required. |
| GREEN 79% to 70% | Breathless, but able to speak a sentence of 4+ words. Muscles may "burn" slightly due to small amount of excessive metabolic byproduct buildup. You can sustain this activity for 20-60 minutes. |
| BLUE 69% to 60% | You're starting to feel winded, but still able to sing a song or easily recite 3-4 sentences. Muscles are warmed up and light sweating is likely. |
| DK GRAY 59% to 50% | Exercise at this level is enjoyable and light, easily maintained for upwards of 60-120 minutes without fatigue. |
| LT GRAY 49% to 0% | Completely comfortable. This is how you normally feel when you're resting. |

Find your Max Heart Rate:
211 - 0.64 x age