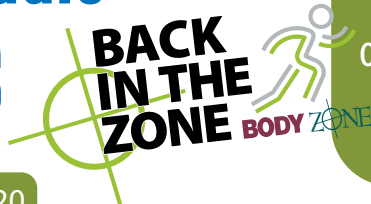


# Group Fitness Schedule + Safety Guidelines



We're taking our classes to our WIDE open spaces: outside, turf fields, court and a melted ice rink is our new Cycling Studio!

SCHEDULE EFFECTIVE SEPTEMBER 21, 2020

**Please Note! All classes must be reserved in advance. Instructions and other details located here: [bodyzonesports.com/groupfitness](https://bodyzonesports.com/groupfitness)**

## MONDAY

| TIME              | CLASS               | KEY           | INSTRUCTOR     |
|-------------------|---------------------|---------------|----------------|
| 8:00-8:45 AM      | Outside BZ Bootcamp | 0 <b>NEW!</b> | Sue            |
| 8:30-9:15 AM      | BODYPUMP Exp.       | 1             | Amy            |
| 9:30-10:15 AM     | BODYSTEP/Step Works | 1             | Rotating Team  |
| 9:30-10:25 AM     | Zumba               | A             | Chrystine      |
| 10:30- 11:00 AM   | CXWORX              | 1             | Chrystine      |
| 11:30 AM-12:30 PM | Yogabasics          | 1             | Rachel         |
| 12:00-12:45 PM    | SPRINT + Cross      | R2            | Sarah          |
| 4:30- 5:15 PM     | BODYPUMP Exp.       | 1             | Chrystine/Nina |
| 5:30-6:15 PM      | Athletic Barre      | 1             | Tammy          |
| 5:30-6:15 PM      | Cycling + Cross     | R2            | Carol          |
| 6:00-6:45 PM      | HIIT                | F2            | Ashleigh/Kyle  |

## TUESDAY

| TIME              | CLASS          | KEY           | INSTRUCTOR    |
|-------------------|----------------|---------------|---------------|
| 5:30-6:15 AM      | Sprint + Cross | R2            | Jen           |
| 8:30-9:15 AM      | Cycling        | R2            | Amy           |
| 8:30-9:30 AM      | Step Works     | 1             | Michele       |
| 9:30-10:00 AM     | SPRINT         | R2            | Emily         |
| 9:45-10:45 AM     | BODYPUMP       | 1             | Michele       |
| 11:00 AM-12:00 PM | BODYFLOW       | 1             | LuAnn         |
| 12:15-1:00 PM     | BOSU Strong    | 1 <b>NEW!</b> | Allyson       |
| 4:30-5:15 PM      | SPRINT + Cross | R2            | Ashleigh      |
| 4:45-5:45 PM      | Step and Tone  | 1 <b>NEW!</b> | Michele/LuAnn |
| 6:30-7:15 PM      | Fight Club     | F1            | Shakeem       |

## WEDNESDAY

| TIME           | CLASS                 | KEY               | INSTRUCTOR   |
|----------------|-----------------------|-------------------|--------------|
| 5:40-6:40 AM   | BODYPUMP              | 1                 | Teresa       |
| 8:30-9:15 AM   | BODYPUMP Exp.         | 1                 | Nina         |
| 9:30-10:15 AM  | Cycling               | R2                | Lina/Cindy   |
| 9:30-10:30 AM  | BODYSTEP              | 1                 | Julianne     |
| 9:30-10:30 AM  | Zumba                 | A                 | Nina         |
| 12:00-12:30 PM | SPRINT                | R2                | Emily        |
| 4:30-5:30 PM   | BODYPUMP              | 1 <b>NEW TIME</b> | Ginnie       |
| 5:45-6:15 PM   | SPRINT                | R2                | Jen/Ashleigh |
| 6:00-6:45 PM   | Outside HIIT          | 0                 | Kyle         |
| 6:00-7:00 PM   | Flow Yoga and Restore | 1 <b>NEW TIME</b> | Beth         |

## THURSDAY

| TIME          | CLASS                | KEY | INSTRUCTOR     |
|---------------|----------------------|-----|----------------|
| 8:00-8:45 AM  | Outside BZ Boot Camp | 0   | Melissa        |
| 8:30-9:30 AM  | Vinyasa Flow Yoga    | 1   | Rachel         |
| 9:30-10:15 AM | Beat Cycle + Cross   | R2  | Julianne       |
| 9:45-10:45 AM | BODYPUMP             | 1   | LuAnn          |
| 4:30-5:15 PM  | HIIT                 | F2  | Connor         |
| 4:30-5:15 PM  | BODYSTEP Exp.        | 1   | Tammy          |
| 5:30-6:15 PM  | BODYPUMP Exp.        | 1   | Steph          |
| 5:30-6:15 PM  | Cycling              | R2  | Laura          |
| 5:30-6:20 PM  | Zumba                | C   | Jenn/Chrystine |
| 6:30-7:15 PM  | Fight Club           | F2  | Shakeem        |

## FRIDAY

| TIME              | CLASS           | KEY                | INSTRUCTOR |
|-------------------|-----------------|--------------------|------------|
| 5:30-6:15 AM      | HIIT            | A                  | Tammy      |
| 8:30-9:30 AM      | BODYPUMP        | 1                  | Amy        |
| 9:30-10:15 AM     | HIIT            | F2 <b>NEW TIME</b> | Connor     |
| 9:30-10:15 AM     | Beat Cycle      | R2                 | Audrey     |
| 9:45-10:30 AM     | BODYCOMBAT Exp. | 1                  | Nina       |
| 11:00 AM-12:00 PM | BODYFLOW        | 1                  | Val        |
| 12:00-12:30 PM    | SPRINT          | R2                 | Nina       |

## SATURDAY

| TIME             | CLASS           | KEY | INSTRUCTOR    |
|------------------|-----------------|-----|---------------|
| 7:30-8:30 AM     | BODYATTACK      | A   | Jen           |
| 8:00-9:00 AM     | BODYPUMP        | 1   | Michele/LuAnn |
| 8:30-9:00 AM     | SPRINT          | R2  | Sarah/Nina    |
| 9:00-10:00 AM    | HIIT Circuits   | A   | Corey         |
| 9:15-10:00 AM    | Cycling         | R2  | Jen           |
| 9:15-10:15 AM    | Step Works      | 1   | Michele/LuAnn |
| 10:30 - 11:15 AM | Advanced Boxing | A   | Shakeem       |
| 10:30-11:30 AM   | Power Yoga      | 1   | Lacey/Lily    |

## SUNDAY

| TIME              | CLASS           | KEY            | INSTRUCTOR     |
|-------------------|-----------------|----------------|----------------|
| 8:00-9:00 AM      | Step and Tone   | 1              | Rotating Team  |
| 8:30-9:15 AM      | Cycling         | R2             | Laura          |
| 9:00-9:45 AM      | HIIT            | F2 <b>NEW!</b> | Connor         |
| 9:15-10:00 AM     | BODYPUMP Exp.   | 1              | Dalton         |
| 10:15-11:00 AM    | BODYCOMBAT Exp. | 1              | Ginnie/Kristin |
| 11:15 AM-12:15 PM | BODYFLOW        | 1              | Ginnie         |

**KEY: R2 = Ice Rink #2 • 1 = Studio 1 • A = Agility Room, F1 = Field 1 • F2 = Field 2 • 0 = Outside • C = Court**

LES MILLS  
**BODYPUMP**  
LES MILLS  
**BODYCOMBAT**

LES MILLS  
**CXWORX**  
LES MILLS  
**BODYATTACK**

LES MILLS  
**BODYSTEP**  
LES MILLS  
**sprint**

**ZUMBA**  
FITNESS  
**BODYFLOW**

For information about this schedule, please contact:  
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**BODY**  
**ZONE**  
Sports and Wellness Complex

[bodyzonesports.com/groupfitness](https://bodyzonesports.com/groupfitness)

# Class Descriptions + Safety Guidelines

## Group Fitness Safety Guidelines

Please note: Bring a water bottle, towel, yoga mat and a block or straps for yoga if necessary

- All classes must be booked in advance:
  - Reserve your spot in advance via our new app: MemberMe+ or at [bodyzonesports.com/groupfitness](https://bodyzonesports.com/groupfitness). Learn more at [bodyzonesports.com/](https://bodyzonesports.com/) Class sizes are limited -- every class has a max capacity assigned to it.
  - We will not be taking class reservations via phone or in person.
- Masks must be worn at all times except during exercise. Please wear them, covering nose and mouth, as you enter and exit our group fitness areas and immediately after your workout ends — masks go on for cleaning and returning equipment.
- Practice social distancing at all times.
  - Distancing stickers in Studio 1 are eight feet apart. Please identify a distancing sticker to mark your spot for the entire class. Please stay within “your zone” during class. This means you have eight feet around you at all times.
  - Please keep your distance from others before and after class, and when gathering, cleaning and replacing your equipment.  
**Instructors will be monitoring this process, so please follow their instructions.**
  - If you are doing back to back classes, please practice social distancing when waiting -- six feet apart.
- Cleaning and disinfecting:
  - Body Zone has created a cleaning schedule for regular disinfection of classes spaces and bikes but we need your help by wiping all equipment before and after use.
- Fans will not be used until further notice.

**Advanced Boxing:** Learn the basic mechanics of becoming a boxer! This class is all about boxing and working hard to improve your overall fitness stamina on and off the heavy bags. Learn basic fundamentals and footwork, combining combinations and drills. Must have your own boxing gloves to participate. There will be social distancing in this class.

**Athletic Barre:** Meet us at the barre for a total body and athletic workout using lots of fitness props like balls, tubing and light weights. Expect high repetitions of small and effective moves.

**Beat Cycle:** Feel the energy in this "freestyle" cycling class where you will ride to the beat of the music through flats, hills & sprints. Rhythm, music & hard work are the focus of this high energy class.

**Beat Cycle + Cross:** Feel the energy in this "freestyle" cycling class where you will ride to the beat of the music through flats, hills & sprints. Rhythm, music & hard work are the focus of this high energy class. 30 minutes of cycle is followed by 15 minutes of weights and interval training off the bike.

**BZ Boot Camp:** Push your training to the next level with this high intensity cardio and muscle conditioning workout. This class will be held outside. Please meet your instructor in the lobby at the Guest Services Desk at the time of your class.

**BODYATTACK™:** This class is a sports-inspired cardio workout for building strength and stamina. It combines high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**BODYCOMBAT™:** This class combines kicks, jabs and strikes from a range of self-defense disciplines like karate, boxing and Tae Kwon Do into powerful and energetic routine.

**BODYFLOW™:** This class combines the best of eastern disciplines, like yoga and Tai Chi, with popular new methods like Pilates.

**BODYPUMP™:** Get ready for a weight training workout that uses barbells with adjustable weights. This format is ideal for the beginner through the experienced exerciser as you are in charge of how much weight you put on the bar.

**BODYSTEP™:** This energizing step workout uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**BOSU Strong:** Part cardio and part toning, this interval styled class provides a comprehensive, total body workout.

**Cycling:** 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.

**Cycling + Cross:** Add some cross training to your cycling workout off the bike. You will work your core and strength train within this cycling class. Depending on the class design for the day, off bike training may be within the cycle workout or at the end. We will use dumbbells and please bring your own mat.

**CXWORX™:** This class hones in on the torso and sling muscles that connect your upper body to your lower body. Your workout consists of exercises that both isolate (like crunches and leg extensions) and integrate (like standing balance and hovers) the various muscle groups.

**Fight Club:** Train like a boxer with a professional boxer as your coach! Expect high energy and fun in this high intense cardio and strength class. Boxing technique and footwork will be a focus. Must bring your own gloves.

\* If the class is scheduled to be outside, please check in at Guest Services and meet your instructor in our first floor main lobby.

**Flow Yoga and Restore:** The first 30 minutes of class will include breathing practices and a gentle yoga flow. The second half will focus on seated and lying down poses to stretch, relax and restore the body.

**HIIT Circuits:** 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!

**HIIT:** Anything goes in this high intensity training class. You will be pushed to work hard but have fun all at the same time. Two locations for this class, either outside in our back parking lot or on one of our turf fields!

\* If the class is scheduled to be outside, please check in at Guest Services and meet your instructor in our first floor main lobby.

**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.

**SPRINT™:** This cycling class is a 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. You'll combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

**SPRINT™ + Cross:** Les Mills SPRINT class + 15 minutes of core or strength training focus off the bike to finish it off? You bet! We'll use dumbbells and mats. Please bring your own mat.

**Step Fusion:** You'll use an adjustable step for a step class experience with more athletic type movements and conditioning drills. It's time to push your cardiovascular fitness to the next level!

**Step Works:** This is a fun class! You'll use an adjustable step for 60 minutes of continuous cardio and superb choreography by our amazing step team.

**Step & Tone:** Enjoy our Step Works class with a boost of weight training and core to finish off your workout!

**Cycling:** 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.

**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 flexibility, 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.

**Zumba®:** This is 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.

[bodyzonesports.com/groupfitness](https://bodyzonesports.com/groupfitness)