

# Group Fitness Schedule + Safety Guidelines



Classes take place on our court, massive turf fields and in our 4,000 sq. ft. "Blue Studio" and Studio 1.

SCHEDULE EFFECTIVE JANUARY 25, 2021

**Please Note!** All group fitness classes listed below must be reserved in advance. Instructions and other details are located here: [bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

## KEY:

1 = Studio 1 • B = Blue Studio (formerly Agility Room),  
F1 = Field 1 • F2 = Field 2 • C = Court • V = Virtual Class

## MONDAY

TIME	CLASS	KEY	INSTRUCTOR
8:30-9:15 AM	BODYPUMP Exp.	1	Amy
9:30-10:25 AM	Zumba	B	Chrystine
9:30-10:30 AM	BODYSTEP	1	Patty
10:45-11:15 AM	LES MILLS CORE	1	Patty
12:00-12:45 PM	SPRINT + Cross	B	Sarah
4:30- 5:15 PM	BODYPUMP Exp.	1	Chrystine/Nina
5:00-5:45 PM	HIIT	F1	Ashleigh/Kyle
5:30-6:15 PM	Athletic Barre	1	Tammy
6:30-7:30 PM	BODYFLOW	1	Val/Ginnie

## TUESDAY

TIME	CLASS	KEY	INSTRUCTOR
5:30-6:15 AM	SPRINT + Cross	B	Jen
8:30-9:30 AM	Step Works	1	Michele
8:45-9:30 AM	Cycle	B	Amy
9:45-10:15 AM	SPRINT	B	Sarah
9:45-10:45 AM	BODYPUMP	1	Patty
11:00 AM-12:00 PM	BODYFLOW	1	LuAnn
12:15-1:00 PM	BOSU Strong	1	Allyson
4:30-5:15 PM	SPRINT + Cross	B	Ashleigh
4:45-5:45 PM	Step and Tone	1	Michele/LuAnn
5:30-6:15 PM	Cycle	B	Carol
6:00-7:00 PM	Zumba	1	Chrystine/Jenn
6:30-7:15 PM	HIIT	B	Connor

## WEDNESDAY

TIME	CLASS	KEY	INSTRUCTOR
5:30-6:15 AM	Athletic Barre	1	Tammy
8:30-9:15 AM	BODYPUMP Exp.	1	Patty
9:30-10:30 AM	BODYSTEP	1	Julianne
9:30-10:30 AM	Zumba	B	Nina
10:45-11:30 AM	BODYFLOW Exp.	1	Nina
12:00-12:30 PM	SPRINT	B	Emily
4:30-5:00 PM	SPRINT	B	Jen
4:40-5:10 PM	LES MILLS CORE	1	Ginnie
5:00-5:45 PM	HIIT	F1	Kyle
5:15-6:00 PM	BODYCOMBAT Exp.	1	Ginnie
6:15-7:15 PM	Flow Yoga & Restore	1	Mary Beth

## THURSDAY

TIME	CLASS	KEY	INSTRUCTOR
8:30-9:15 AM	BZ Boot Camp	F2	Melissa
8:30-9:30 AM	Vinyasa Flow Yoga	1	Rachel
9:30-10:15 AM	Beat Cycle + Cross	B	Julianne
9:45-10:45 AM	BODYPUMP	1	LuAnn
10:30-11:00 AM	Row Cross 30	B	Andre
12:00-1:00 PM	BODYPUMP/ LES MILLS CORE	1	Patty
4:30-5:15 PM	HIIT	F1	Connor
4:30-5:15 PM	BODYSTEP Exp.	1	Tammy
5:30-6:15 PM	BODYPUMP Exp.	1	Steph/Michele
5:30-6:15 PM	Cycle	B	Laura
6:30-7:00 PM	SPRINT	B	Dalton

## FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
8:30-9:30 AM	BODYPUMP	1	Amy
9:00-9:30 AM	Row Cross 30	B	Connor
9:45-10:30 AM	Beat Cycle	B	Lina/Cindy
9:45-10:30 AM	BODYCOMBAT Exp.	1	Chrystine/Nina
11:00 AM-12:00 PM	BODYFLOW	1	Val
12:00-12:30 PM	SPRINT	B	Nina
4:45-5:30 PM	Row Cross	B	Connor

## SATURDAY

TIME	CLASS	KEY	INSTRUCTOR
7:30-8:25 AM	BODYATTACK	F2	Jen
8:00-9:00 AM	BODYPUMP	1	Michele/LuAnn
8:15-8:45 AM	SPRINT	B	Sarah/Nina
9:15-10:15 AM	HIIT Circuits	B	Corey
9:15-10:15 AM	Step Works	1	Michele/LuAnn
10:30-11:00 AM	LES MILLS CORE	B	Rotating Team
10:30-11:30 AM	Vinyasa Flow Yoga	1	Lacey

## SUNDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-9:00 AM	Step and Tone	1	Rotating Team
8:30-9:15 AM	Cycle	B	Laura
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



What is LES MILLS? LES MILLS is an international group fitness program that fuses science, movement and music with the latest exercise trends and technology.

For information about this schedule, please contact:

Sarah Vecchio, Director of Fitness  
svecchio@bodyzonesports.com  
610-376-2100 x330



[bodyzonesports.com/groupfitness](http://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.

### 1. All classes must be booked in advance:

- Reserve your spot in advance by going to: [bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)
- 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.

### 2. Face masks, covering mouth and nose, must be worn at all times while at Body Zone.

### 3. 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.

### 4. 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.

### 5. Fans will not be used until further notice.

**Athletic Barre:** 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. Bare feet recommended but not necessary. Bring your own mat.

**BZ Boot Camp:** Push your training to the next level with this high intensity cardio and muscle conditioning workout. Held on our wide open turf field.

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

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

**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.

**Cycle:** This freestyle cycle class is instructor's choice of music and motivation. Each class normally combines climbs and free spins to make the ride a super calorie burner and extreme cardio workout. New to a cycle class? Ask your instructor for help with bike set up, proper alignment and other tips.

**Flow Yoga + Restore:** The first 30 minutes of this class includes breathing practices and gentle yoga flow. The second half focuses on seated and flat poses to stretch, relax and restore the body.

**HIIT:** Anything goes in the HIIT (high intensity interval training) class. You'll be pushed to work hard but have fun at the same time as you move through a variety of safe and supervised exercises. Class takes place either outside or on one of our massive turf fields.

**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!

**LES MILLS CORE™:** (Previously known as 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.

**Row Cross:** Rowing and strength training equals great results! Let your coach lead you through a high energy workout on and off our rowing machines. MYZONE heart rate monitors will be of focus as we take your fitness to the next level! MYZONE heart rate monitors recommended but not required.



**Row Cross 30:** Our quick 30-minute version of Row Cross for those who need a shorter workout.



**SPRINT™:** This Les Mills 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 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!

**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.

**Zumba®:** This is a Latin-inspired, dance-fitness class that incorporates inter-national 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.

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