

Group Fitness Schedule

SCHEDULE EFFECTIVE JUNE 7, 2021

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

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

KEY:

**1 = Studio 1 • B = Blue Studio (formerly Agility Room), F1 = Field 1 • F2 = Field 2 • C = Court
O = Outside**

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
11:30 AM-12:30 PM	Vinyasa Flow Yoga	TRIAL 1	Uma
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
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
4:30-5:00 PM	SPRINT	B	Rotating Team
4:45-5:30 PM	BODYCOMBAT/BODYATTACK	1	Jen/Tammy
	(alternating formats)		
5:30-6:15 PM	Cycle	B	Carol
6:00-7:00 PM	Zumba	1	Chrystine/Jenn
6:00-6:45 PM	OUTDOOR Sweat & Run	O	Connor/Lauren

WEDNESDAY

TIME	CLASS	KEY	INSTRUCTOR
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
10:40-11:25 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	Dance Fit + Abs	1	Alexis

THURSDAY

TIME	CLASS	KEY	INSTRUCTOR
6:30-7:15 AM	Circuit Challenge	B	Tammy
8:30-9:15 AM	BZ Boot Camp	F2	Melissa
8:30-9:30 AM	Vinyasa Flow Yoga	1	Lacey
9:30-10:15 AM	Beat Cycle + Cross	B	Julianne
9:45-10:45 AM	BODYPUMP	1	LuAnn
12:00-12:30 PM	Cycle 30	B	Carol
12:30-1:00 PM	LES MILLS CORE	1	Linette
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	Michele
5:30-6:15 PM	Box + Cross	B	Andre

FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
8:30-9:30 AM	BODYPUMP	1	Amy
8:30-9:00 AM	Row Cross 30	B	Connor
9:30-10:30 AM	Zumba	B	Nicole
9:45-10:30 AM	BODYCOMBAT Exp.	1	Chrystine/Melissa
11:00 AM-12:00 PM	BODYFLOW	1	Val
12:00-12:30 PM	SPRINT	B	Nina
4:30-5:30 PM	Yoga Groove	1	Lacey
4:45-5:15 PM	Row Cross 30	B	Connor

SATURDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-9:00 AM	BODYPUMP	1	Michele/LuAnn
8:15-8:45 AM	SPRINT	B	Sarah/Nina
9:15-10:00 AM	HIIT Circuits/Cardio Boxing	B	Sue/Dan/Linette
	(alternating formats)		
9:15-10:15 AM	Step Works	1	Michele/LuAnn
10:30-11:30 AM	Power Yoga/BODYFLOW	1	Rotating Team
	(alternating formats)		

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/Chrystine
9:30-10:15 AM	BODYATTACK Exp.	B	Jen
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

Class Descriptions

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 + 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.

Box + Cross: This format is similar to our Row Cross classes, except now we add boxing instead of the rowers. You will box on our heavy bags doing combinations and include circuits with strength as well. *Boxing gloves required for this class.

Cardio Boxing: Train hard using heavy bags and speed bags. No experience needed and all levels welcome in this high energy, fun circuit style boxing class. Expect boxing combinations along with exercises like squats, lunges, sled pushes and more! *Boxing gloves required for this class.

Circuit Challenge: The perfect combination of strength and cardio exercises in timed intervals to get the most out of your workout. You will be motivated and coached through many modifications to provide a challenging class for any level of fitness!

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.

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

Dance Fit + Abs: This dance fitness class for all fitness levels will get your feet moving and heart rate pumping. Get ready to dance and sweat to some of your favorite current radio hits! The last 15 minutes will be dedicated to strengthening and shaping your abs and core.

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.

OUTDOOR Sweat and Run: Let's take fitness outside! Please be sure to check in at our Guest Services Desk prior to class. This class is a combination of running and all-out effort using resistance training or your own body weight, followed by short rest periods. All fitness levels are welcome, as we provide modifications for all exercises.

Power Yoga: This class will stimulate your body and mind while improving flexibility and overall strength. Power Yoga will stretch and strengthen the muscles while building core stability while promoting the opening of deep muscle tissue. These powerful moves will build your heart rate and teach you to move with your breath as you rinse and detoxify your organs. Power Yoga will challenge your physical body, mind and spirit; concluding with a deep rest at the end of every class. Beginners and intermediate levels will be guided on how to modify or intensify poses. Yoga experience is recommended.

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.

Yoga Groove: This class has a music vibe within a Vinyasa Flow style yoga. With every class, at every level of experience, you'll strive to reach and progressively sharpen your edge. No matter what you're into athletically, weightlifting, golf, soccer, or swimming; yoga will help you improve your game. No matter what you do professionally, regardless of how mentally or physically taxing; yoga will help you clarify, relax, focus, and concentrate. You will discover strength and energy you never knew existed. You do not need any prior yoga knowledge to attend this class.

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.

