

Group Fitness Schedule

SCHEDULE EFFECTIVE NOVEMBER 8, 2021

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

NEW! Introduction to Group Fitness

Dates: November 16 - 12:00-12:30 PM
December 14 - 12:00-12:30 PM

Location: Blue Studio

New to group fitness classes? Meet BZ's Director of Fitness Sarah Vecchio to learn a lot about many of our formats and what to expect in each one.

Come ready to work out and sweat a little too.

We want you to feel comfortable coming to our classes and will help you choose what's right for you.

Sign up on the app!

KEY:

1 = Studio 1 • B = Blue Studio (formerly Agility Room),

F2 = Field 2 • C = Court • MB = Mind Body Studio

WS = Wellness Studio on main floor

MONDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|----------------|----------------------------|-----|----------------|
| 8:30-9:15 AM | BODYPUMP Exp. | 1 | Amy |
| 9:00-9:30 am | Beginner Strength & Cardio | MB | Melissa |
| 9:30-10:25 AM | Zumba | B | Chrystine |
| 9:30-10:30 AM | BODYSTEP | 1 | Patty |
| 10:00-11:00 AM | Vinyasa Flow Yoga | MB | Uma |
| 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 |
| 4:30-5:15 PM | HIIT | B | Kyle |
| 5:30-6:15 PM | Athletic Barre | 1 | Tammy |
| 6:15-7:15 PM | BODYFLOW | MB | Val/Ginnie |
| 6:30-7:00 PM | BODYATTACK 30 | 1 | Jen |
| 7:05-7:35 PM | LES MILLS CORE | 1 | Jen |

TUESDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|-------------------|----------------|-----|-------------------------|
| 8:30-9:30 AM | Step Works | 1 | Michele |
| 8:45-9:30 AM | Cycle | B | Amy |
| 9:30-10:00 AM | Pilates | MB | Sue |
| 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 Works | 1 | Michele/LuAnn/ Kelly |
| 5:30-6:30 PM | Yoga Groove | MB | Julie |
| 6:00-7:00 PM | Zumba | 1 | Jennifer/Alison |

WEDNESDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|----------------|-----------------|-----|------------|
| 8:30-9:00 AM | Row Cross 30 | B | Lauren |
| 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 | Cycle 30 | B | Carol |
| 4:30-5:30 PM | Yoga | MB | Beth |
| 4:40-5:10 PM | LES MILLS CORE | 1 | Ginnie |
| 4:45-5:15 PM | SPRINT | B | Jen |
| 5:15-6:00 PM | BODYCOMBAT Exp. | 1 | Ginnie |
| 6:10-7:10 PM | Dance Fit + Abs | 1 | Chrystine |

THURSDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|----------------|-----------------------------|-----|------------|
| 8:30-9:15 AM | BZ Boot Camp | F2 | Melissa |
| 8:30-9:30 AM | Vinyasa Flow Yoga | MB | Beth |
| 8:45-9:30 AM | BODYSTEP Exp. | 1 | Patty |
| 9:30-10:15 AM | Beat Cycle + Cross | B | Julianne |
| 9:45-10:45 AM | BODYPUMP | 1 | LuAnn |
| 12:15-12:45 PM | LES MILLS CORE | 1 | Patty |
| 4:30-5:15 PM | BODYSTEP Exp. | 1 | Tammy |
| 4:30-5:15 PM | HIIT | B | Ashleigh |
| 5:30-6:15 PM | BODYPUMP Exp. | 1 | Michele |
| 5:30-6:15 PM | Barre Fusion | WS | Tammy |
| 5:30-6:30 PM | Vinyasa Flow Yoga & Restore | MB | Mary Beth |

FRIDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|-------------------|----------------------------|-----|-------------------|
| 8:30-9:30 AM | BODYPUMP | 1 | Amy |
| 8:30-9:00 AM | Row Cross 30 | B | Ricky |
| 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 |
| 4:45-5:15 PM/5:30 | Row Cross 30/BODYSTEP Exp. | B/1 | Lauren/Denise |

(check dates/formats in app)

SATURDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|----------------|---------------------|-----|---------------|
| 8:00-9:00 AM | BODYPUMP | 1 | Michele/LuAnn |
| 8:00-8:30 AM | SPRINT | B | Sarah/Nina |
| 9:00-10:00 AM | HIIT Circuits | B | Corey |
| 9:15-10:15 AM | Step Works | 1 | Michele/LuAnn |
| 10:30-11:15 AM | Box Cross | B | Dan/Linette |
| 10:30-11:30 AM | BODYFLOW/Power Yoga | MB | Rotating Team |

(alternating formats)

SUNDAY

| TIME | CLASS | KEY | INSTRUCTOR |
|-------------------|-----------------|-----|--------------------------|
| 8:00-9:00 AM | Step and Tone | 1 | Michele/LuAnn/ Alison |
| 8:30-9:15 AM | Cycle 45 | B | Laura |
| 9:15-10:00 AM | BODYATTACK Exp. | 1 | 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.

bodyzonesports.com/groupfitness

For information about this schedule, please contact:

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Class Descriptions

Athletic Barre: Athletic Barre is a total body and athletic workout using lots of fitness props like balls, tubing and light weights. Expect high repetitions of small effective movements and isometric holds within many positions. Bare feet recommended but not required. Please 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.

Barre Fusion: This class is held in our Wellness Studio downstairs equipped with ballet barre on two sides of the room. Come ready to work out to upbeat, continuous exercises and movements with focus on cardio and strength for total body results! This class is for all levels of fitness. Bare feet recommended but not required. Please bring your own mat.

Beginner Strength and Cardio: If you are new to group fitness, this class is for you! A certified personal trainer will take you through a 30 minute interval style class, introducing you to strength and cardio exercises with lots of modifications for all levels of fitness.

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 popular Row Cross classes, except we're replacing rowing with boxing. You'll box combinations on our heavy bags along with lots of circuits and strength as well. *Boxing gloves required for this class.

Cycle 45: This 45-minute freestyle 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. Weather permitting, always check app before coming to BZ.

Pilates: Pilates emphasizes proper postural alignment, core strength and muscle balance. This class will vary from week to week, using solely a mat or adding other fitness props.

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: 45 minutes of 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: Increase health and reduce stress in this yoga basics class. Focus on proper alignment in physical postures, and movement will be linked to the breath. The result is stronger, more flexible muscles, released tension, and a tranquil mind. Instructor will adapt sequences to meet the specific needs of the class whether it be beginner or advanced!

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.