Group Fitness Schedule

SCHEDULE EFFECTIVE APRIL 4, 2022

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), 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	Ginnie/Denise
4:30-5:15 PM	HIIT		B	Stephen
5:30-6:15 PM	Athletic Barre		1	Tammy
6:15-7:15 PM	BODYFLOW		MB	Val/Ginnie
6:30-7:15 PM	LES MILLS CORE 45	NEW!	1	Jen
6:30-7:00 PM	Row Cross 30	NEW!	B	Kyle

TUESDAY

TIME	CLASS		KEY	INSTRUCTOR
5:45-6:30 AM	Cycle 45	NEW!	B	Cindy
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	Strength and Abs		1	Allyson
4:30-5:15 PM	SPRINT + Cross		B	Ashleigh
4:45-5:45 PM	Step Works		1	Michele/LuAnn
5:30-6:30 PM	Yoga Groove		MB	Julie
6:00-7:00 PM	Zumba		1	Jennifer/Alison

WEDNESDAY

TIME	CLASS	KEY	INSTRUCTOR
8:15-8:45 AM	Row Cross 30	B	Sue
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
4:40-5:10 PM	LES MILLS CORE	1	Ginnie
4:45-5:15 PM	SPRINT	B	Jen
5:15-6:00 PM	BODYCOMBAT Exp.	1	Ginnie
5:30-6:30 PM	Yoga	MB	Beth

THURSDAY

TIME	CLASS		KEY	INSTRUCTOR
6:30-7:00 AM	Row Cross 30		B	Stephen
8:30-9:15 AM	BZ Boot Camp	New Location	1	Melissa
8:30-9:30 AM	Vinyasa Flow Yoga		MB	Beth
9:30-10:15 AM	Beat Cycle + Barre		B	Julianne
9:45-10:45 AM	BODYPUMP		1	LuAnn
12:00-12:30 PM	BODYPUMP Exp.		1	Patty
12:30-1:00 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	New Location	MB	Tammy

FRIDAY

TIME	CLASS		KEY	INSTRUCTOR
8:30-9:00 AM	Cycle 30		B	Carol
8:30-9:30 AM	BODYPUMP		1	Amy
9:15-10:00 AM	Row Cross	NEW!	B	Ricky
9:45-10:30 AM	BODYCOMBAT Exp.		1	Chrystine/Melissa
10:45-11:45 AM	BODYFLOW	New Time	1	Val
12:00-12:30 PM	SPRINT		B	Nina
4:30-5:15 PM	HIIT	NEW!	B	Lauren
5:00-6:00 PM	Posture Focus Yoga	NEW!	MB	Mary Beth

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	Boxing	B	Dan/Linette
10:30-11:30 AM	BODYFLOW/Power Yoga (alternating formats)	MB	Rotating Team

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

LesMills BODYPUMP · LesMills CXWORX · LesMills BODYSTEP · ZUMBA fitness · LesMills BODYCOMBAT · LesMills BODYATTACK · LesMills sprint · LesMills BODYFLOW

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:
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BODY ZONE™ Sports and Wellness Complex

bodyzonesports.com/groupfitness

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 + Barre: 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 athletic barre using free weights and other fitness props.

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.

Boxing: 45 minutes of constant cardio hitting the heavy bag and speed bag. Bodyweight strength exercises will be incorporated within the workout. * 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.

Cycle + Cross: 30 minutes of cycle and 15 minutes of core and strength training focus off the bike to finish up the class. It is recommended to bring your own mat.

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 - ADVANCED: 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™: A challenging but achievable core workout for all levels of fitness. You will be guided through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. There are some hip, glute and lower back exercises as well. 30 minutes or 45 minute classes.

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.

Posture Focus Yoga: A combination of gentle and vinyasa. Learn how to hold and incorporate one pose per class into your practice. Focus on alignments, balance and flexibility.

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 up the class. It is recommended to 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!

Strength and Abs: Focus on strength training using all types of fitness props like resistance balls, BOSU Balls, dumbbells, bands and more. Core and ab work within the class to encompass a total body 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.

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