

# Group Fitness Schedule

SCHEDULE EFFECTIVE SEPTEMBER 14, 2026

Please Note! All classes must be reserved in advance via your member portal/app or scan here:

NEW! Virtual Les Mills Cycle Classes: RPM, The Trip & SPRINT



REP ROOM

Body Zone's New Group Workout Studio  
RUN. ROW. LIFT. CYCLE. SWEAT. REPEAT!

SWITCH 50 Class Fee:  
\$5 MEMBERS | \$15 NON-MEMBERS

KEY:  
1 = Studio 1 • B = Blue Studio • C = Cycle Studio  
MB = Mind Body Studio • RR = REP ROOM

## MONDAY

| TIME     | CLASS                      | KEY | INSTRUCTOR    |
|----------|----------------------------|-----|---------------|
| 6:00 AM  | SWITCH 50 (\$5)            | RR  | Lauren R.     |
| 8:30 AM  | BODYPUMP 45                | 1   | Amy           |
| 8:45 AM  | Beginner Strength & Cardio | MB  | Melissa       |
| 9:30 AM  | Cycle 45                   | C   | Sue           |
| 9:15 AM  | SWITCH 50 (\$5)            | RR  | Lauren R.     |
| 9:30 AM  | Zumba                      | B   | Christine     |
| 9:30 AM  | BODYSTEP                   | 1   | Patty         |
| 10:00 AM | Vinyasa Flow Yoga          | MB  | Uma           |
| 10:45 AM | LES MILLS CORE             | 1   | Patty         |
| 12:00 PM | SPRINT + Cross             | C/1 | Sarah V.      |
| 4:30 PM  | BODYPUMP 45                | 1   | Ginnie/Denise |
| 5:30 PM  | BODYSTEP 45                | 1   | Jen B.        |
| 6:00 PM  | Beginner Yoga Express      | MB  | Kelly         |

Virtual RPM, SPRINT & THE TRIP classes: 5:30 AM, 7:00 AM, 8:00 AM & 10:30 AM / 3:00 PM, 4:30 PM & 6:30 PM

## TUESDAY

| TIME     | CLASS           | KEY | INSTRUCTOR          |
|----------|-----------------|-----|---------------------|
| 6:00 AM  | SWITCH 50 (\$5) | RR  | Lauren R.           |
| 6:30 AM  | Row Cross 30    | B   | Chandler            |
| 8:30 AM  | Step and Tone   | 1   | Michele             |
| 8:45 AM  | Cycle 45        | C   | Amy                 |
| 9:45 AM  | Pilates         | MB  | Nina/Sue            |
| 9:45 AM  | BODYPUMP        | 1   | Patty               |
| 11:00 AM | BODYBALANCE     | 1   | LuAnn               |
| 12:15 PM | Strength & Abs  | 1   | Allyson             |
| 4:45 PM  | Step Works      | 1   | Kelly/Denise        |
| 5:15 PM  | Rhythm Cycle    | C   | Ashley              |
| 5:15 PM  | Yoga Groove     | MB  | Julie               |
| 6:00 PM  | Zumba           | 1   | Jenn/Alison/Kaitlyn |

Virtual RPM, SPRINT & THE TRIP classes: 5:30 AM, 6:30 AM & 10:30 AM / 12:00 PM, 1:00 PM, 4:30 PM & 6:00 PM

## WEDNESDAY

| TIME     | CLASS                     | KEY | INSTRUCTOR |
|----------|---------------------------|-----|------------|
| 5:15 AM  | SWITCH 50 (\$5)           | RR  | Lauren R.  |
| 6:30 AM  | Yoga for Health           | MB  | Lauren     |
| 8:00 AM  | SHAPES (Pilates+Barre)    | MB  | Lauren R.  |
| 8:15 AM  | Row Cross 30              | B   | Sue        |
| 8:30 AM  | BODYPUMP 45               | 1   | Patty      |
| 9:00 AM  | Vinyasa Flow Yoga         | MB  | Lauren R.  |
| 9:30 AM  | Step & Strength Intervals | 1   | Michele    |
| 9:30 AM  | Zumba                     | B   | Nina       |
| 10:45 AM | BODYBALANCE 45            | 1   | Nina       |
| 11:00 AM | Tai Chi Fusion            | MB  | Kathy      |
| 12:00 PM | SWITCH 50 (\$5)           | RR  | Lauren R.  |
| 12:00 PM | Cycle 30 + Cross          | C/1 | Carol      |
| 4:30 PM  | Yoga Slow Flow            | MB  | Melissa V. |
| 4:45 PM  | LES MILLS CORE            | 1   | Ginnie     |
| 5:15 PM  | BODYCOMBAT 45             | 1   | Ginnie     |
| 5:45 PM  | Pilates                   | MB  | Melissa V. |

Virtual RPM, SPRINT & THE TRIP classes: 5:30 AM, 7:00 AM, 8:00 AM & 9:00 AM / 6:30 PM

## THURSDAY

| TIME     | CLASS                  | KEY | INSTRUCTOR           |
|----------|------------------------|-----|----------------------|
| 5:30 AM  | BODYPUMP 45            | 1   | Phet                 |
| 6:30 AM  | Row Cross 30           | B   | Melissa/Chandler     |
| 8:30 AM  | Full-Body Fusion       | 1   | Melissa              |
| 8:30 AM  | Vinyasa Flow Yoga      | MB  | Lauren R.            |
| 9:30 AM  | SWITCH 50 (\$5)        | RR  | Sarah V.             |
| 9:30 AM  | Box Cross              | B   | Nina                 |
| 9:45 AM  | Pilates                | MB  | Melissa V.           |
| 9:45 AM  | BODYPUMP               | 1   | LuAnn/Michele        |
| 10:45 AM | BODYBALANCE            | 1   | LuAnn                |
| 10:45 AM | SHAPES (Pilates+Barre) | MB  | Sarah V./Michelle H. |
| 12:00 PM | BODYPUMP 45            | 1   | Cheryl               |
| 4:30 PM  | Total Body Fit         | B   | Chandler             |

4:45 PM BODYSTEP 45 1 Jen B. NEW!

4:45 PM Dance Fitness MB Hannah

5:30 PM BODYPUMP 45 1 Ginnie

Virtual RPM, SPRINT & THE TRIP classes: 6:30 AM, 8:30 AM & 9:30 AM / 12:00 PM, 1:00 PM & 4:30 PM

## FRIDAY

| TIME     | CLASS                    | KEY | INSTRUCTOR |
|----------|--------------------------|-----|------------|
| 5:15 AM  | SWITCH 50 (\$5)          | RR  | Lauren R.  |
| 8:30 AM  | Cycle 45                 | C   | Carol      |
| 8:30 AM  | Pilates                  | MB  | Marilyne   |
| 8:30 AM  | BODYPUMP                 | 1   | Amy        |
| 9:30 AM  | Power Yoga               | MB  | Michelle   |
| 9:45 AM  | Stretch & Mobility (\$5) | RR  | John       |
| 9:45 AM  | Dance Fitness            | B   | Hannah     |
| 9:45 AM  | BODYCOMBAT 45            | 1   | Christine  |
| 10:45 AM | BODYBALANCE              | 1   | Val        |
| 12:00 PM | SPRINT                   | C   | Nina       |
| 5:00 PM  | Step & Tone              | 1   | Kelly      |

Virtual RPM, SPRINT & THE TRIP classes: 5:30 AM, 7:00 AM & 9:30 AM / 2:00 PM, 3:00 PM & 4:30 PM

## SATURDAY

| TIME     | CLASS                                        | KEY | INSTRUCTOR        |
|----------|----------------------------------------------|-----|-------------------|
| 8:00 AM  | BODYPUMP                                     | 1   | Michele/LuAnn     |
| 8:30 AM  | SWITCH 50 (\$5)                              | RR  | Lauren D.         |
| 9:00 AM  | Zumba                                        | MB  | Jenn/Kaitlyn      |
| 9:00 AM  | Advanced Circuit Training                    | B   | Connor/Melissa    |
| 9:15 AM  | Cycle 45                                     | C   | Jen F.            |
| 9:15 AM  | Step Works                                   | 1   | Michele/LuAnn     |
| 10:15 AM | Box Cross                                    | B   | Dan/Linette       |
| 10:30 AM | BODYBALANCE/Power Yoga (alternating formats) | MB  | Jackie/Melissa V. |

Virtual RPM, SPRINT & THE TRIP classes: 9:30 AM & 10:30 AM / 1:00 PM

## SUNDAY

| TIME     | CLASS             | KEY | INSTRUCTOR    |
|----------|-------------------|-----|---------------|
| 8:00 AM  | Step & Tone       | 1   | Rotating Team |
| 8:30 AM  | SHAPES            | MB  | Val           |
| 8:30 AM  | Cycle 45          | C   | Laura         |
| 9:00 AM  | SWITCH 50 (\$5)   | RR  | Kait          |
| 9:15 AM  | BODYPUMP 45       | 1   | Jen B.        |
| 9:30 AM  | Vinyasa Flow Yoga | MB  | Julie         |
| 10:15 AM | BODYCOMBAT 45     | 1   | Ginnie        |
| 11:15 AM | BODYBALANCE       | 1   | Ginnie        |

Virtual RPM, SPRINT & THE TRIP classes: 9:30 AM & 10:30 AM / 1:00 PM



bodyzonesports.com/groupfitness

For information about this schedule, please contact:  
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# Class Descriptions

**Advanced Circuit Training:** Come ready to sweat and be ready for a challenge! Expect 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!

**Beginner Strength & 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.

**Beginner Yoga Express:** This 45 minute yoga class will focus on gentle poses, slow movements, and breathing exercises to improve flexibility, balance, and calm. Class will end with a guided meditation. Ideal for those new to yoga or seeking a peaceful, relaxing yoga practice.

**BODYBALANCE™:** A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

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

**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.

**Box Cross:** Increase your stamina and cross train in this 45 minute, all encompassed boxing class. Class begins with functional and strength movements. The last 25 minutes of class will be boxing on the bags and getting a straight up cardio 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:** This 45-minute class includes a 30-minute freestyle cycle class and 15 minutes of strength training. Class will start with cycle then move quickly into Studio 1 for a quick 15 minutes of all around strength.

**Dance Fitness:** Burn calories and have fun with Dance Fitness! This high-energy class combines easy-to-follow dance moves with cardio-based fitness exercises set to great music. No dance experience is required—just bring your energy and be ready to move. This class is for all fitness levels.

**Full-Body Fusion:** Full-Body Fusion is a high energy total body workout offering a mix of strength and cardio bursts using multiple fitness props. Expect lots of options for any level of fitness.

**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-minute or 45-minute classes.

**Pilates:** A total body, low impact mat Pilates workout. The focus is to improve posture, flexibility and mobility while working with light weights and other fitness equipment.

**Power Yoga:** This class will stimulate your body and mind while improving flexibility and overall strength. Power Yoga's powerful moves will build your heart rate and teach you to move with your breath as you rinse and detoxify your organs. Beginners and intermediate levels will be guided on how to modify or intensify poses. Yoga experience is recommended.

**Row Cross 30:** 30 minutes of rowing and strength training equals great results! Let your coach lead you through a high energy workout on and off the 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.



**SHAPES™ (Pilates+Barre):** Les Mills SHAPES is 45-minute total body workout blending Pilates, Barre and Power Yoga. With small and controlled movements, you'll sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. Get ready to feel the burn with this low impact but intense way to heat up your workouts.

**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:** SPRINT cycling class (see SPRINT description) + 15 minutes of core or strength training focus off the bike to finish up the class. The "cross" part of the class will be held in either Blue Studio or Studio 1. The instructor will inform the class of the location.

**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 & Strength Intervals:** Get ready for a fun yet hard workout mixed with step and cardio intervals. Expect a full-body workout with the addition of strength training intermingled to the step choreography.

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

**Strength & Abs:** This class focuses on strength training using all types of fitness props like resistance balls, BOSU Balls, dumbbells, bands and more. Expect lots of core and ab work for a total body workout.

**Stretch & Mobility:** Stretch & Mobility is a 45-minute small-group active recovery session that targets your entire body especially overworked hips, shoulders, ankles, and knees while enhancing mobility, flexibility, and overall movement quality. This is more than a workout — it's an exclusive, expert-led experience where a Body Zone Trainer coaches you through every movement, providing personalized guidance, form corrections, and tips to help you get the most from every stretch. Limited to 8 participants. \$5 for members/\$15 for non-members.

**SWITCH 50:** SWITCH 50 at REP ROOM is a full-body, balanced, and science-based strength and cardio fitness routine. Participants will "switch" between cardio (bike, rower and treadmill) and strength stations during each 50-minute class. As you go through SWITCH 50's fun and energetic workout expect supportive coaching based on live feedback via MYZONE heart rate technology. You'll see calories burned, effort points earned and heart rate percentage throughout your entire class experience. \$5 for members; \$15 for non-members. Located on Body Zone's main floor. MYZONE heart-rate belt required for every class. First class is always free!

**Tai Chi Fusion:** This class is a blend of Tai chi, Qigong, Yoga and tapping of acupressure points -- all gentle and continuous movements to purify and rejuvenate the whole body. Demonstrated benefits include strengthening of the immune system, alleviation of aches and pains, improved posture, balance, coordination and more. Class is appropriate for all, from older adults to athletes. It is performed standing but participants may sit if needed.

**Total Body Fit:** Anything goes in this fun, intense class. You will be pushed in circuits or as many rounds as possible to get a total body strength and cardio workout. This class is for anyone wanting to work hard and modifications will be shown.

**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 for Health:** 45 minutes of injury prevention yoga fusion aimed at strengthening the front and back of your body. Class objectives include spinal health, core engagement and hip flexibility and mobility. Part of the practice will be using a stretching strap to work on full body flexibility with a focus on the legs & shoulders. Primarily on back and belly, but kneeling and quadruped (all fours) position will also be a part of class. \*A yoga blanket or beach towel for class is strongly encouraged. No yoga experience required.

**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 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.

**Zumba® 45:** 45-minute express Zumba class.

**Virtual RPM:** Virtual cycle class, RPM by Les Mills, is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. Please note: Autoplay workout begins on time. Virtual instructor will lead you through workout. Please arrive on time. No staff present. Limited bikes available — please reserve class in advance.

**Virtual THE TRIP:** Virtual cycle class, THE TRIP by Les Mills, is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories. Please note: Autoplay workout begins on time. Virtual instructor will lead you through workout. Please arrive on time. No staff present. Limited bikes available — please reserve class in advance.

**Virtual SPRINT:** Virtual cycle class, SPRINT by Les Mills, is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. Please note: Autoplay workout begins on time. Virtual instructor will lead you through workout. Please arrive on time. No staff present. Limited bikes available — please reserve class in advance.

**Yoga Slow Flow:** Unwind, slow down, and reconnect with your breath in this gentle, slow flow vinyasa & stretch class. Moving at a mindful pace, participants will link breath with fluid movement through simple vinyasa sequences designed to build warmth in the body without rushing. This class is ideal for all levels, including beginners, or anyone looking for a grounding practice that improves flexibility, mobility, and relaxation.

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