



Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:15am	B-Fit Bootcamp	Amy	5:15am	B-Fit Bootcamp	Jen
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE		5:30am	LES MILLS VIRTUAL-MEMBER CHOICE	
7:00am	GRIT 30 min		7:00am	BODYPUMP 60 min.	
9:00am	Cardio Bootcamp-Gym	Amy	9:00am	Low Impact Aerobics	Karen
9:00am	BODYPUMP 60 min.		10:00am	Silver Sneaker Classic	Karen
10:30am	Pi/Yo Pilates/Yoga	Mary	12:15pm	Strenght/Cardio Intervals	Jamie
12:15pm	Bootcamp/Cycle ABC	Jamie	2:00pm	GRIT 30 min	
2:00pm	BODYPUMP 60 min.		3:00pm	CXWORX 30 min	
3:00pm	GRIT 30 min		4:20pm	BODYPUMP 60 min.	Stacy
4:30pm	Strength/Cardio Intervals 60min	Anna	5:30pm	BODYCOMBAT 60 min.	Stacy
5:30pm	BODYPUMP 60 min.	Rhonda	6:30pm	GRIT 30 min.	Stacy
6:40pm	Strenght/Cardio Intervals 30min	Robin	7:05pm	Simple Step	Myra
7:15pm	Dance Aerobics (35 min.)	Susan H.	8:00pm	Sh'BAM 45 min.	
8:00pm	BODYPUMP 60 min.				

  

Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
5:15am	Endurance - Beastmode		5:30am	LES MILLS VIRTUAL-MEMBER CHOICE	
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE		7:00am	GRIT 30min	
7:00am	BODYPUMP 60 min.		9:00am	BODYPUMP 60 min.	Jen H.
8:15am	Pilates on the Ball	Dana	10:15am	Silver Sneaker Stretch	
9:00am	Low Impact Aerobics	Angie	2:00pm	BODYPUMP 60 min.	
10:00am	Silver Sneakers Classic	Amy	3:00pm	BODYCOMBAT 30 min.	
11:00am	Silver Sneakers Classic	Angie	5:30pm	BODYPUMP 60 min.	
12:15pm	Cardio Kick-box 30 min.	Amy			
2:00pm	GRIT 30 min				
3:00pm	CXWORX 30 min				
4:20pm	BODYPUMP 60 min.	Stacy			
4:30pm	Kidz Dance (in Gym)	Felix			
5:30pm	Hip Hop	Felix			
5:30pm	Thriller Dance Class-Racq. Court	Dana			
6:30pm	Total Abs	Myra			
7:00pm	Low Impact Aerobics	Myra			
8:00pm	BODYCOMBAT 60 min.	Lorrie			

  

Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
5:15am	B-Fit Bootcamp	Jen	8:00am	Bootcamp	Rotation
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE		9:00am	BODYPUMP 60 min.	Rotation
7:00am	GRIT 30 min		10:15am	Hip Hop 45 min.	leasha
9:00am	Strenght/Cardio Intervals	Amy	11:15am	CXWORX 30 min.	
10:00am	BODYPUMP 60 min.	Karen	12:00pm	Sh'BAM 45 min.	
11:15am	Beginning Line Dance	Susan A.	1:00pm	GRIT 30 min.	
12:15pm	Kettlebell	Jamie/Penny	2:00pm	BODYPUMP 60 min.	
2:00pm	BODYPUMP 60 min.		3:15pm	BODYFLOW 30 min.	
3:00pm	GRIT 30 min		4:00pm	BODYCOMBAT 60 min.	
4:30pm	Strenght/Cardio Intervals	Jamie			
5:30pm	Hip Hop	Adriane/Shay			
6:45pm	BODYPUMP 60 min				

  

Sunday		
Time	Class	Instructor
2:00pm	BODYFLOW 30 min	Rotation
3:00pm	CXWORX 30 min	Rotation
4:00pm	BODYPUMP 60 min.	

  

**Les Mills Virtual-Streaming**

Steaming Virtual Classes allow you to experience a variety of workouts on your own when it's convenient. Feel free to leave when you want. Let a staff person know if there is a class you want to work out to and they will set it up.

Please put away equipment when finished. Enjoy!