






GROUP EX | JULY SCHEDULE

*Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am Vinyasa Yoga <i>with Karen</i> <i>in GroupEx Studio 2</i>	6am LM BODYPUMP™ <i>with Vicki</i> <i>in GroupEx Studio 1</i>	6am Intervals <i>with Vicki</i> <i>in GroupEx Studio 1</i>	6am Strengthen <i>with Vicki</i> <i>in GroupEx Studio 1</i>	6am (NEW!) LM CORE™ <i>with Vicki</i> <i>in GroupEx Studio 1</i>	6am Strengthen <i>with Vicki</i> <i>in GroupEx Studio 1</i>	9am LM BODYPUMP™ <i>with Lorry</i> <i>in GroupEx Studio 1</i>
9am (NEW!) LM BODYSTEP™ <i>with Sandy</i> <i>in GroupEx Studio 1</i>	8am Shallow Water <i>with Helen</i> <i>in Aquatics Center</i>	8:30am Strengthen <i>with Kelly</i> <i>in GroupEx Studio 1</i>	8am Shallow Water <i>with Sharon</i> <i>in Aquatics Center</i>	6am Spin <i>with Lorry</i> <i>in Spin Studio</i>	8am Shallow Water <i>with Helen</i> <i>in Aquatics Center</i>	9am Spin <i>with Matt</i> <i>in Spin Studio</i>
10am Spin <i>with Stephanie</i> <i>in Spin Studio</i>	8:30am Light Dumbbells <i>with Vicki</i> <i>in GroupEx Studio 1</i>	9am Shallow Water <i>with Helen</i> <i>in Aquatics Center</i>	8:30am (NEW!) LM BODYSTEP™ <i>with Lorry</i> <i>in GroupEx Studio 1</i>	8:30am BODYPUMP™ <i>with Vicki</i> <i>in GroupEx Studio 1</i>	8:30am Light Dumbbells <i>with Vicki</i> <i>in GroupEx Studio 1</i>	10am Total Body <i>with Jen</i> <i>in GroupEx Studio 1</i>
10am Hatha Yoga <i>with Dianne</i> <i>in GroupEx Studio 1</i>	8:30am Spin <i>with Kelly</i> <i>in Spin Studio</i>	9:30am Barre <i>with Amanda</i> <i>in GroupEx Studio 2</i>	9am Shallow Water <i>with Sharon</i> <i>in Aquatics Center</i>	9am Shallow Water <i>with Sharon</i> <i>in Aquatics Center</i>	9am Shallow Water <i>with Helen</i> <i>in Aquatics Center</i>	11am Power Yoga <i>with Ellen</i> <i>in GroupEx Studio 1</i>
11am Zumba <i>with Carrie</i> <i>in GroupEx Studio 1</i>	9am Shallow Water <i>with Helen</i> <i>in Aquatics Center</i>	9:30am BODYPUMP™ <i>with Kelly</i> <i>in GroupEx Studio 1</i>	9:30am Strengthen <i>with Kelly</i> <i>in GroupEx Studio 1</i>	9:15am Barre <i>with Amanda</i> <i>in GroupEx Studio 2</i>	9:30am Intervals <i>with Vicki</i> <i>in GroupEx Studio 1</i>	11am Core First <i>with Jen</i> <i>in GroupEx Studio 2</i>
	9:30am Intervals <i>with Vicki</i> <i>in GroupEx Studio 1</i>	10am Deep Water <i>with Helen</i> <i>in Aquatics Center</i>	10:30am Mat Pilates <i>with Margie</i> <i>in GroupEx Studio 1</i>	9:30am Strengthen <i>with Kelly</i> <i>in GroupEx Studio 1</i>	10:30am TriYoga Flow <i>with Mary</i> <i>in GroupEx Studio 1</i>	
	10:30am Yoga Fusion <i>with Ellen</i> <i>in GroupEx Studio 1</i>	10:30am (30 min) LM CORE™ <i>with Kelly (NEW!)</i> <i>in GroupEx Studio 2</i>	4:30pm Total Body <i>with Jen</i> <i>in GroupEx Studio 1</i>	10am Deep Water <i>with Helen</i> <i>in Aquatics Center</i>		
	12pm BODYPUMP™ <i>with Kelly</i> <i>in GroupEx Studio 1</i>	10:45am Functional Fitness <i>with Jen</i> <i>in GroupEx Studio 1</i>	5:30pm Shallow Water Tai Chi <i>with Helen</i> <i>in Aquatics Center</i>	10:45am Functional Fitness <i>with Jen</i> <i>in GroupEx Studio 1</i>		
	4:30pm (NEW!) Les Mills CORE™ <i>with Lorry</i> <i>in GroupEx Studio 1</i>	4:30pm Strengthen <i>with Alice</i> <i>in GroupEx Studio 1</i>	5:30pm Spin <i>with Mariana</i> <i>in Spin Studio</i>	4:30pm (NEW!) LM BODYSTEP™ <i>with Lorry</i> <i>in GroupEx Studio 1</i>		
	5:30pm Barre <i>with Amanda</i> <i>in GroupEx Studio 2</i>	5:30pm Zumba <i>with Carrie</i> <i>in GroupEx Studio 1</i>	5:30pm BODYPUMP™ <i>with Lorry</i> <i>in GroupEx Studio 1</i>	5:30pm Strengthen <i>with Stephanie</i> <i>in GroupEx Studio 1</i>		
	5:30pm Strengthen <i>with Mariana</i> <i>in GroupEx Studio 1</i>	6:30pm (NEW!) LM BODYSTEP™ <i>with Sandy</i> <i>in GroupEx Studio 1</i>	5:30pm Barre <i>with Amanda</i> <i>in GroupEx Studio 2</i>	7pm Zumba <i>with Beth</i> <i>in GroupEx Studio 1</i>		
	5:30pm Spin <i>with Stephanie</i> <i>in Spin Studio</i>	7:30pm (NEW!) Yin Yoga <i>with Ellen</i> <i>in GroupEx Studio 1</i>	6:30pm Yin Yoga <i>with Mary</i> <i>in GroupEx Studio 1</i>			
	7pm Zumba <i>with Beth</i> <i>in GroupEx Studio 1</i>		6:30pm (30 min) LM CORE™ <i>with Lorry (NEW!)</i> <i>in GroupEx Studio 2</i>			

 STRENGTH / CARDIO
 SPINNING
 AQUATICS

 DANCE
 MIND – BODY

 LEARN MORE AND SIGN UP AT
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GROUP EX | CLASS DESCRIPTIONS

Unless otherwise noted, classes are 50 minutes and for all experience levels with modification options.

STRENGTH / CARDIO

Barre: A joint-safe, challenging strength training class driven by music and focused on muscle engagement and control.

Les Mills BODYSTEP™: Full-body cardio consisting of a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to tone glutes and thighs.

Les Mills BODYPUMP™: Barbell workout using light to moderate weights and high reps to increase aerobic fitness and build strength.

Les Mills CORE™: Builds strength, stability, and endurance in the muscles that support your core to improve balance, tone core, and sports performance.

Core First: Full-body, muscle toning and strength building workout that engages the core the entire class.

Functional Fitness: Cardio and strength classes for 65+ interested in strength, heart-health, mobility, and balance.

Intervals: Aerobic, strength, and core exercises in time cycles of work and rest with low and high impact options.

Light Dumbbells: Strength and mobility workouts using lighter weights.

Strengthen: Emphasizes the benefits of moderate to heavy weight training like bone health, building muscle, and after-burn.

Total Body: Full body cardio and strength workout using bodyweight and/or equipment.

SPINNING

Spin: An energizing, cardio-focused ride that's low impact on joints. All levels are welcome.

DANCE

Zumba®: Latin, hip-hop, dance-inspired cardio classes.

MIND-BODY

(Best suited for participants who can get up/down from the floor independently)

Hatha Yoga: Using focused postures and breathing techniques, this practice will develop balance, mind-body awareness, strength, and mobility.

Mat Pilates: Core-focused Pilates exercises that encourage posture, body awareness, and flexibility.

Power Yoga: Emphasizing strength and flexibility, this practice is well-suited for individuals seeking an excellent workout with the serenity associated with yoga.

TriYoga Flow: TriYoga, *the art and science of yogaflow®*, unites breath with rhythmic pacing, relaxation-in-action, wave-like spinal movements, and economy of motion.

Vinyasa Yoga: A continuous flow of movements from one pose to the next, synchronized with the breath.

Yin Yoga: Meditative sequences of mostly seated or reclined postures (2 minutes or more) to target connective tissues of the hips, pelvis, and low spine.

Yoga Fusion: A blend of yoga, Pilates, strength training and dance. Light dumbbells and other exercise equipment are often used in this exercise class.

AQUATICS

Shallow Water: Using water resistance to develop muscle tone and flexibility, the warm water eliminates any pounding pressure on joints, while providing a stimulating workout.

Deep Water: Using floatation equipment, participants experience minimal to no impact on joints while strengthening muscles.

Shallow Water Tai Chi: A gentle, invigorating class that challenges the core and enhances strength and range of motion while minimizing the effects of gravity on the joints.