<table>
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<th>Sunday</th>
<th>Monday</th>
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<td><strong>April 28.</strong></td>
<td><strong>May 2019</strong></td>
<td><strong>2.00 Pure Pilates—Rebekah</strong></td>
<td><em><em>3:00</em> Zumba — Mary B.</em>*</td>
<td><strong>30. 5:30/12/30/35 Met Meltdown + (week 4)</strong></td>
<td><strong>6:00 BODYPUMP—Hilary</strong></td>
<td><strong>9:30 BODYPUMP—Hilary</strong></td>
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<td>2:00 Pure Pilates—Kasey</td>
<td><em><em>3:00</em> Zumba — Mary B.</em>*</td>
<td><em><em>3:00</em> Zumba — Janine</em>*</td>
<td><strong>2:00 Pure Pilates—Ali K.</strong></td>
<td><strong>8:00 Wake up and Rise—Farley</strong></td>
<td><strong>8:30 Yoga Flow—Farley</strong></td>
<td><strong>9:30 BODYPUMP—Krisa</strong></td>
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<td><strong>Kiddie Klub Hours:</strong></td>
<td><strong>Monday—Thursday</strong></td>
<td><strong>5:15AM—9:30PM</strong></td>
<td><strong>5:15AM—9:00PM</strong></td>
<td><strong>7:00AM—7:00PM</strong></td>
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<td><strong>Sunday</strong></td>
<td><strong>CLOSED</strong></td>
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**Instructors Subject to Change**

**Studio and Arena CLOSED for floor resurfacing Will reopen Saturday June 1st**
CARDIO
CARDIO STEP (M-H) A challenging workout with creative choreography on and around the step platform designed to increase your heart rate and keep it at a steady pace, followed by 5-10 minutes of core work.
ZUMBA (M-H) This class fuses a variety of Latin and international music with fast and slow dance rhythms to create a fun and infectious class.

CARDIO/STRENGTH
TMONE™ (M-H) Use resistance tubes and body weight for three workouts in one—cardio, strength and core training! High energy instructors and inspirational music will leave you fusing with energy!

BODYCOMBAT® (M-H) High energy martial arts inspired kickboxing workout that is non-contact. This class is sure to get your heart rate up & release stress. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu.

CARDIO FUSION (M-H) This core workout uses resistance bands, weight plates, and your own bodyweight to target and strengthen your hips, abs, glutes, and lower back as well as incorporating cardiovascular training.

CARDIO MUSCLE SOLUTION (CMS) (M-H) is a bouncy intense, low impact intervals workout designed to keep the heart rate up. This total body workout will incorporate strength and cardio exercises using a variety of equipment.

CARDIO & KETTLEBELLS (M-H) This new class combines the strength and cardio benefits of kettlebells. Kettlebell exercises utilize total body movements that integrate and stabilize the core. Class welcomes beginners and fitness enthusiasts of all ages!

MOVEMENT MATTERS (L) A class designed for seniors and special populations looking for supervised strength, balance, agility, and stretching exercises. This is a 45 minute class. (ProEx friendly)

METABOLIC MELTDOWN (H) The ultimate 30 minute high intensity total body workout! Programmed by our personal trainers! This is a 12 week progressive exercise class that is sure to burn calories, build muscle and get your heart rate pumping!

STRENGTH
BODYPUMP® (M-H) Challenge every major muscle group with this weight plated barbell workout. High repetition and big moves boost endurance and metabolism for rapid fat burn. 30 & 55 minute options.
FIT ENCORE (L) Class geared towards senior population, focusing on balance, posture, strength and stability. Helps to reduce the risk of falling.

MUSCLE SOLUTION (M-H) Build lean muscle and burn a ton of calories in this ultimate sculpting class designed to define and tone every muscle in every way.

TRX KETTLEBELLS (M-H) Join in this NEW total body strength and cardio based class to learn proper form and technique for kettlebell workouts, TRX and weight bodyconditioning! (Advanced movements are involved in this class)

CYCLING
WAKE UP AND RIDE (M-H) Need a jumpstart to your morning? This is the cycling class for you! Enjoy an upbeat ride to high energy music with hills, drills, sprints, and lifts! Class is now 50-55 minute ride followed by a 5-10 minute stretch.

CYCLE & STRETCH (M-H) Interval spin drills for endurance, power, and speed that include time trials, climbs, sprints, and pulls for an exciting and unpredictable ride. This class also include and extended stretch at the end that may include some of your favorite yoga poses. 70 minutes

MIND/BODY
CHI YOGA (L) Yoga class designed for senior population, flow with the breath through yoga poses without moving up and down off the floor.

GENTLE YOGA (L) Improve range of motion, flexibility and strength with Yoga poses modified for those with limited flexibility, balance, mobility or specific limitations. 45 minutes (ProEx friendly)

POWER & RESTORE YOGA (M-H) This class offers the best of both worlds! 40 minutes of power yoga followed by a 20 minute restorative yoga sequence.

TAI CHI (H) This 30 minute class will compliment your wellness practice using traditional Tai Chi methods which brings together the mind, body & spirit as one. (ProEx friendly)

YOGA FLOW (M-H) Flow through vinyasa-style sequences linking movement with breath and challenging your strength, balance and flexibility while centering and calming your mind. Pace is steady and rhythmic. Some yoga experience helpful, but not required.

TRANSFORM & FLOW (M-H) Unite yoga and sport like never before to channel your inner athlete. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warriors, and sport-inspired movement involving plyometrics and strength, set to upbeat contemporary songs. 45 & 55 minute options.

YOGA CHALLENGE (M-H) This class is designed to challenge and inspire you. You’ll move beyond the fundamentals of breath, movement and alignment, taking your yoga practice to the next level. Enjoy a rigorous flow with full range of motion to develop stability, strength and power. Yoga experience recommended.

YOQUA (L) Release stress and balance the body with yoga inspired moves in the warm water pool. WWP (ProEx friendly)

BARRE (M) A total body workout that utilizes the ballet barre to perform small, isometric movements, to sculpt muscles concentrating on hips, thighs, glutes, abdominals and arms.

PURE PLATIS (M-H) This class improves flexibility, builds strength and develops control and endurace in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance

*Recommended for individuals familiar with Pilates

AQUATICS
AQUAFIT (M-H) 45 minute low intensity, low impact cycling class, using interval training to maximize calorie burn and help you reach your fitness goals fast! RPM® (H) This 45 minute low impact cycling class will guide you through hills, sprints, fast rodes and cardio peaks at 60+ RPM! BODY FLOW (H-L) Class is for anyone and every body! Yoga-based class that will improve your mind, body and life! Simple yoga moves, combining elements of Tai Chi and Pilates.

BODYCOMBAT® (H) Same great mixed martial arts inspired workout that we already have just leave by our master trainers! Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu!

AQUALENCE (H) Same great class we all love just lead by our master trainers!

CLASS DESCRIPTIONS

CLASS ETIQUETTE
• For the courtesy of others, please arrive to class on time.
• Athletic non-marking shoes should be worn at all times unless you are participating in a mind/body/ plates/barre class.
• If this is your first time attending a class, please let the instructor know before class begins so that they may assist you.
• Always silence your mobile device before class.
• Please store personal items in a locker.
• Use wipes to wipe down all equipment after class.
• Please put equipment away at the end of class so that the next class may begin on time.
• Food and glass bottles are not allowed in the pool or studio.
• Youth ages 10 and up may participate with a parent or guardian.
• Youth ages 14 and up may participate while a parent or guardian is in the studio.

CLASS SCHEDULE

What is LES MILLS ON DEMAND?
DURING OUR ON DEMAND TIMES, COME DURING OUR SCHEDULED "ON DEMAND" CLASS AND PLAY WHICH CLASS FORMAT YOU WOULD LIKE TO TRY!
ASK OUR FITNESS COORDINATOR OR MANAGER FOR MORE DETAILS!

SPRINT®(H) 30 Minute high intensity, low impact cycling class, using interval training to maximize calorie burn and help you reach your fitness goals fast! RPM® (H) This 45 minute low impact cycling class will guide you through hills, sprints, fast rodes and cardio peaks at 60+ RPM!

BODY FLOW (H-L) Class is for anyone and every body! Yoga-based class that will improve your mind, body and life! Simple yoga moves, combining elements of Tai Chi and Pilates.

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