

















































SUMMER

MORNING CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 AM	LES MILLS BODYCOMBAT™  Aerobic Rm ANDI POWER CYCLE  Cycling Rm KRISTY	SURGE FIT  Aerobic Rm LAUREN	LES MILLS BODYPUMP™  Aerobic Rm FIONA POWER CYCLE  Cycling Room HEIDI	BARRE  Aerobic Rm REBECCA VINYASA FLOW YOGA Multipurpose Room JILL	CARDIO FUSE Aerobic Room ERIN POP PILATES Multipurpose Rm THU	
8:30-9:25 AM	HIGH FITNESS  Aerobic Rm SHAUNA	TABATA  Aerobic Room SHAUNA LIFESTYLE TRAINING  Multi-Purpose Room ANNE	POWER STEP  Aerobic Room SHAUNA Les Mills RPM™  Cycling Room CARA	LIFESTYLE TRAINING  Multi-Purpose Room ANNE	BODYPUMP™  Aerobic Rm BRENT	8:00 BODYPUMP™  Aerobic Rm ESTHER
9:30-10:25 AM	CYCLE PUMP  Cycling Rm KIM Les Mills BODYPUMP™  Aerobic Rm BRENT PIYO  Multipurpose Rm JESSIE	MOMENTUM CYCLE  Cycling Rm RICH BARRE  Aerobic Rm FIONA SURGE FIT  Multipurpose Room KATLIN	MUSCLE SCULPT  Aerobic Rm JACQUELINE SENIOR FIT  Multipurpose Rm ANNE	CYCLE PUMP  Cycling Rm KIM SURGE FIT  Aerobic Rm WHITNEY SENIOR FIT  Multipurpose Rm JULIE	LES MILLS RPM™  Cycle Rm CARA ZUMBA FITNESS®  Aerobic Rm LETICIA PIYO  Multi-Purpose Rm JESSIE	9:00 HIGH FITNESS  Aerobic Rm KIM
10:30-11:25 AM	ZUMBA FITNESS®  Aerobic Rm HEATHER/KOREENA CHAIR YOGA  Multi-Purpose Rm JESSIE	ZUMBA FITNESS®  Aerobic Rm CHRISTIN	HIGH LOW  Aerobic Rm KIM PIYO  Multi-Purpose Rm JESSIE	LA BLAST Aerobic Room CHRISTIN TAI-GA FLOW  Multipurpose Rm THU	HIGH LOW  Aerobic Rm ERIN/KATLIN SENIOR FIT  Multipurpose Rm CHRISTENE	10:00 ZUMBA FITNESS®  Aerobic Room TIFFANY/AMY
EVENING CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 PM	HIGH FITNESS  Aerobic Rm ERIN	LES MILLS BODYPUMP™  Aerobic Rm ANNA	HIGH FITNESS  Aerobic Rm ESTHER	HIGH FITNESS  Aerobic Rm DAX		
7:00 – 7:55 PM	ZUMBA FITNESS®  Aerobic Rm JULIE	LES MILLS BODYCOMBAT™  Aerobic Rm ANDI	POWER STEP Aerobic Room ERIN S.	LES MILLS BODYPUMP™  Aerobic Rm SHELLY		
8:00 – 8:55 PM	GENTLE YOGA  Aerobic Room ERICA	GENTLE YOGA  Aerobic Room JILL	ZUMBA FITNESS Aerobic Room TIFFANY	VINYASSA FLOW YOGA  Aerobic Room DOMINIQUE		

CLASS DESCRIPTIONS:

BARRE:

Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre also focuses on high reps of small range movements.

CARDIO FUSE:

CHAIR YOGA:

Cardio Fuse blends kickboxing, plyometrics, aerobics, mini loop band resistance, and core work for a fun, full body workout.

This is an amazing class option for those who may need yoga in a safe, beginner option. This class is created to suit those who want to achieve relaxation and increase mobility, without the up and down in a traditional yoga class.

CYCLE PUMP:

The ultimate combination of high intensity, low impact cardio work and resistance training. This class will not only have you sweating- you will leave feeling stronger and ready to take on the day. This class is for any fitness level.

CYCLE SAMPLER:

A variety of indoor cycling formats and styles for the summer brought to you by our incredible cycling instructors. Every week will bring a new challenge for you and your body while introducing different styles of indoor riding. All fitness levels welcome. Arrive 5 minutes early for help setting up your bike.

ENDURANCE CYCLE:

This class will get you ready to go from stationary to street racing, with varying intensity and strength building blocks that will build the stamina and endurance to help you go further, faster!

EXPRESS CYCLE:

Everything you love about cycling classes in a compact version so you can get your sweat on, FAST! With an interval training focus, you can maximize training in a short bursts of time.

GENTLE YOGA:

Yoga for restoring both the mind and the body through meditation and a series of stretches for the muscles.

HIGH FITNESS:

HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love and intense easy to follow choreography. HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

HIGH LOW:

Reminiscent of the aerobics glory days, this format is based on traditional aerobic principles that create a steady state cardio workout without the impact. Offering the same choreography as the original HIGH Fitness class you know and love, without the impact.

LA BLAST:

A partner-free ballroom dance based format, which includes all components of fitness, and uses music from every era & genre. This class is for all bodies at any fitness level.

LES MILLS **BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release Stress and feel like a champ. All fitness levels

LES MILLS **BODYPUMP**

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, **BODYPUMP™** gives you a total body workout burning up to 400 calories per class.

LES MILLS **RPM**

RPM™ 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 and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

LIFESTYLE TRAINING:

Low-impact strength training with modifications, guided by a knowledgeable personal trainer designed for your body, form and safety.

MUSCLE SCULPT:

Total body workout to help enhance muscle shape and definition while also improving muscular balance, strength & function. Little to no impact. All fitness levels welcome.

PIYO®:

PiYo is a high intensity, low impact workout that utilizes your body weight to sculpt and define your muscles. A unique blend of Pilates and Yoga. PiYo emphasizes strength, flexibility, and cardio with fabulous music! NO Yoga experience necessary.

POWER CYCLE:

Endurance, strength and intervals in Power Cycle will keep you coming back every time! This class offers a variety of levels and ranges of intensity to take your workout and endurance to the next level! This class is suitable for all fitness levels!

POWER STEP:

With fun step combinations, cardio intervals and strength and toning exercises, this class will give you a total body workout experience that will strengthen your muscles and boost your mood!

POWER YOGA:

A vigorous style of yoga designed to build strength, balance and flexibility through movement connected to breath, Sequencing is varied so no two classes are the same.

SENIOR FIT:

A class created to strengthen functional muscles, improve balance and mobility. All levels welcome!

SURGE FIT:

This is an energizing HIIT workout with high intensity cardio tracks paired with resistance training, all to popular music to get your heart rate and muscles surging for great results.

TABATA:

Highly effective and efficient workout utilizing a method of 20 seconds of work followed by 10 second resting intervals. This is a cardio class for all fitness levels.

TAI-GA FLOW:

This class fuses both Tai Chi & Yoga Flow to create a meditative movement experience. No experience necessary. All fitness levels!

ZUMBA FITNESS

A Latin inspired fitness class incorporates music and dance movements from all over the world with easy-to-follow steps that include great body sculpting moves. All fitness levels, dancers and non-dancers welcome! COME AND JOIN THE PARTY!

LES MILLS Official Les Mills Partner



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Pleasant Grove Recreation on Facebook