

# Group Fitness



# July 2018

	Essex Gauthier Drive	So. Burlington W. Twin Oaks Terrace	Williston Wellness Drive
<b>M</b>	6:00am <b>LES MILLS CXWORX</b> jenn t	<b>Classes in studio 1 unless noted</b>	6:00 am <b>LES MILLS BODYPUMP</b> sarah b
	9:00 am <b>LES MILLS CXWORX</b> kim	6:00 am <b>LES MILLS BODYATTACK™</b> jess	
	9:40 am <b>LES MILLS BODYCOMBAT</b> kim	8:00 am <b>LES MILLS BODYPUMP</b> courtney	8:25 am <b>LES MILLS BODYSTEP</b> jen s
	12:00 pm <b>LES MILLS BODYPUMP</b> abby	9:10 am <b>LES MILLS CXWORX</b> donna	
	4:15 pm <b>LES MILLS BODYATTACK™</b> aimee	9:45 am <b>Step Interval</b> donna	4:30 pm <b>LES MILLS BODYPUMP</b> jason
	5:30 pm <b>LES MILLS BODYPUMP</b> sara	10:30 am <b>ZUMBA FINEST</b> (studio 2) leonora	5:35 pm <b>LES MILLS BODYCOMBAT</b> beth/ashley
		12:00 pm <b>LES MILLS BODYFLOW</b> michelle	
		5:30 pm <b>ZUMBA FINEST</b> (studio 2) jenny	
		5:45 pm <b>LES MILLS BODYPUMP</b> laura	
<b>T</b>	6:00am <b>LES MILLS BODYPUMP</b> aimee	8:00 am <b>tone</b> (45minutes) rosalie	8:45 am <b>tone</b> kathy
	8:15 am <b>LES MILLS BODYPUMP</b> kim	8:50 am <b>LES MILLS CXWORX</b> rosalie	9:50am <b>LES MILLS BODYPUMP</b> caitlin
	9:20 am <b>LES MILLS BODYSTEP</b> athletic jenn t	10:30 am <b>ZUMBA FINEST</b> (studio 2) leonora	
	12:00 pm <b>LES MILLS CXWORX</b> kim	12:00 pm <b>LES MILLS BODYPUMP</b> heather	
	12:30 pm <b>LES MILLS BODYFLOW</b> kim	4:30 pm <b>LES MILLS BODYPUMP</b> jenn t	5:30 pm <b>LES MILLS BODYCOMBAT</b> ashley
	(flexibility 30 min)	5:35 pm <b>LES MILLS CXWORX</b> jenn t	6:35 pm <b>LES MILLS BODYPUMP</b> carisa
	4:15 pm <b>LES MILLS BODYCOMBAT</b> courtney	6:20 pm <b>ZUMBA FINEST</b> lynn/shannon	
5:30 pm <b>Step &amp; Tone</b> makeey			
<b>W</b>	8:30 am <b>LES MILLS BODYCOMBAT</b> kim	5:45 am <b>LES MILLS BODYPUMP</b> greg	6:00 am <b>LES MILLS BODYPUMP</b> jess r
	12:00 pm <b>LES MILLS BODYPUMP</b> melissa	8:15 am <b>LES MILLS BODYATTACK™</b> caitlin	
	5:30 pm <b>LES MILLS BODYPUMP</b> christy	9:25 am <b>LES MILLS BODYPUMP</b> donna	4:30 pm <b>LES MILLS BODYPUMP</b> jen
		10:35 am <b>LES MILLS BODYFLOW</b> michelle	
		4:30 pm <b>tone</b> steph	
	5:30 pm <b>ZUMBA FINEST</b> (studio 2) jenn		
<b>Th</b>	5:30 am <b>LES MILLS BODYCOMBAT</b> ashley	6:00 am <b>LES MILLS BODYATTACK™</b> caitlin	
	8:15 am <b>LES MILLS BODYPUMP</b> kim	8:00 am <b>tone</b> michelle	8:45 am <b>LES MILLS BODYPUMP</b> abby
	12:00 pm <b>LES MILLS BODYSTEP</b> kathy	9:05 am <b>LES MILLS BODYFLOW</b> jessy	9:50 am <b>LES MILLS BODYCOMBAT</b> courtney
	5:10 pm <b>LES MILLS CXWORX</b> kim	10:30 am <b>ZUMBA FINEST</b> (studio 2) kathy m	
	5:45 pm <b>LES MILLS BODYCOMBAT</b> kim	12:00 pm <b>LES MILLS BODYPUMP</b> rosalie	5:30 pm <b>LES MILLS BODYJAM</b> andrea
		5:45 pm <b>LES MILLS BODYPUMP</b> ashley	
	6:15 pm <b>ZUMBA FINEST</b> (studio 2) christian		
<b>F</b>	6:00 am <b>LES MILLS BODYPUMP</b> laura	5:45 am <b>LES MILLS BODYPUMP</b> carisa	
	7:25 am <b>Strength + ❖</b> marlena	8:15 am <b>LES MILLS BODYATTACK™</b> jen	
	8:30 am <b>tone</b> michelle	9:20 am <b>LES MILLS CXWORX</b> jen	
	9:35 am <b>LES MILLS BODYPUMP</b> melissa	10:30 am <b>ZUMBA FINEST</b> (studio2) robyn	
	11:20 am <b>LES MILLS CXWORX</b> kim	12:00 pm <b>LES MILLS BODYPUMP</b> heather	5:00 pm <b>LES MILLS BODYPUMP</b> sarah
	12:00 pm <b>LES MILLS BODYCOMBAT</b> kim	5:15 pm <b>LES MILLS BODYFLOW</b> jenn t	
<b>S</b>	7:45 am <b>LES MILLS BODYPUMP</b> rosalie	7:25 am <b>LES MILLS CXWORX</b> aimee	7:15 am <b>LES MILLS BODYCOMBAT</b> beth/ashley
	9:00 am <b>Step</b> makeey	8:00 am <b>LES MILLS BODYATTACK™</b> beth/aimee	8:20 am <b>LES MILLS ***BODYSTEP***</b>
	10:15 am <b>LES MILLS BODYFLOW</b> jessy	10:00 am <b>ZUMBA FINEST</b> (studio2) lynn	<b>Athletic weeks 1 &amp; 3</b> steph/jenn t
		10:30 am <b>LES MILLS BODYPUMP</b> janet	9:30 am <b>LES MILLS BODYPUMP</b> jenn t/margo
			10:40 am <b>LES MILLS BODYCOMBAT</b> courtney
<b>S</b>	7:45am <b>LES MILLS BODYCOMBAT</b> kim	7:45 am <b>LES MILLS BODYPUMP</b> ashley	8:15 am <b>tone</b> caitlin
	9:00 am <b>LES MILLS BODYPUMP</b> margo	9:00 am <b>LES MILLS BODYATTACK™</b> jess	9:20 am <b>LES MILLS BODYFLOW</b> caitlin
	10:15 am <b>LES MILLS BODYCOMBAT</b> beth		10:30 am <b>LES MILLS BODYJAM</b> andrea

Most classes are taught with modifications to accommodate all fitness levels. Inform instructors of any physical limitations. **Instructors are subject to change and we reserve the right to cancel classes due to lack of participation.** Please arrive to class on time. *Classes may be cancelled if less than 3 participants are present at the time class is to begin.*

## **Body Sculpting/Muscle Conditioning**

**Core Strength & Flexibility** Through Pilates, yoga and functional strength exercises you will improve core strength, flexibility, range of motion and balance. We use a variety of equipment such as stability balls, hand weights and resistance tubing. All levels welcome.

**Strength +** This strength class is appropriate for all fitness levels. Class will vary and exercises will be modified according to participants needs.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

### **Floor Aerobics**

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

### **Step Aerobics**

**Step** Step aerobics followed by abdominal work and a stretch makes this class a popular choice.

**Step Interval** Step aerobics with intervals of strength training. This format sends the heart rate soaring.

**BODYSTEP®** - The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out.

**BODYSTEP® Athletic** - Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography. It is particularly appealing to males.

### **Other Options**

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

### **tone**

Created from the foundations of BODYVIVE 3.1, LES MILLS TONE maintains the original 3 in 1 training style - a mix of cardio, resistance and core while playing with different training concepts to ensure everyone gets the best results from their workouts.

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**LES MILLS**  
**CXWORX** Revolutionary Core Training! This 30 minute class is a challenging core workout that features a mix of isolation exercises and integrated moves. "Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong."

**LES MILLS**  
**BODYFLOW** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**BODYJAM** Get dancing and toned with **BODYJAM!** BODYJAM is the ultimate combination of music, culture and dance. The dance moves to the latest music from hip hop to house, drum & bass - get lost in the music and moves and have fun!

**ZUMBA**  
Dance away your worries in this "feel –happy" class. Motivating music, high energy instruction, "fun and easy to do" movements make this the perfect class for fat burning and total body toning. It's a mixture of body sculpting movements with easy to follow dance steps. Come check it out. All fitness levels encouraged.

**LES MILLS**  
**\*\* BODYSTEP** in Williston on Saturdays will be **BODYSTEP® Athletic** on the 1<sup>st</sup> & 3<sup>rd</sup> weeks & **Traditional BODYSTEP®** - on the 2<sup>nd</sup> & 4<sup>th</sup> weeks

## **Schedules are subject to change**

**For the consideration and safety of all members**

**NO OUTDOOR SHOES in the studios**

**Arrive on time; late arrivals are disruptive**

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