

# Group Fitness



# January 2019

	Essex Gauthier Drive	So. Burlington W. Twin Oaks Terrace	Williston Wellness Drive
<b>M</b>	<p>6:00am <b>LES MILLS CXWORX</b> brian</p> <p>9:00 am <b>LES MILLS CXWORX</b> kim</p> <p>9:40 am <b>LES MILLS BODYCOMBAT</b> kim</p> <p>12:00 pm <b>LES MILLS BODYPUMP</b> abby</p> <p>4:15 pm <b>LES MILLS BODYATTACK™</b> aimee</p> <p>5:30 pm <b>LES MILLS BODYPUMP</b> sara</p>	<p>Classes in studio 1 unless noted</p> <p>6:00 am <b>LES MILLS BODYATTACK™</b> jessie</p> <p>8:00 am <b>LES MILLS BODYPUMP</b> courtney</p> <p>9:10 am <b>LES MILLS CXWORX</b> donna</p> <p>9:45 am <b>Step Interval</b> donna</p> <p>10:30 am <b>ZUMBA FINEST</b> (studio 2) leonora</p> <p>12:00 pm <b>LES MILLS BODYFLOW</b> michelle</p> <p>4:30 pm <b>LES MILLS BODYJAM</b> andrea</p> <p>5:30 pm <b>ZUMBA FINEST</b> (studio 2) jenny</p> <p>5:45 pm <b>LES MILLS BODYPUMP</b> laura</p>	<p>6:00 am <b>LES MILLS BODYPUMP</b> sarah</p> <p>8:25 am <b>LES MILLS BODYATTACK™</b> jess s</p> <p>4:30 pm <b>LES MILLS BODYPUMP</b> jason</p> <p>5:35 pm <b>LES MILLS BODYCOMBAT</b> jessie/beth</p>
<b>T</b>	<p>6:00am <b>LES MILLS BODYPUMP</b> betsy</p> <p>8:15 am <b>LES MILLS BODYPUMP</b> kim</p> <p>9:20 am <b>LES MILLS BODYSTEP</b> athletic jenn t</p> <p>12:00 pm <b>LES MILLS CXWORX</b> kim</p> <p>12:30 pm <b>LES MILLS BODYFLOW</b> kim (flexibility 30 min)</p> <p>4:15 pm <b>LES MILLS BODYCOMBAT</b> courtney</p> <p>5:30 pm <b>Step &amp; Tone</b> makeey</p>	<p>8:00 am <b>LES MILLS tone</b> (45minutes) rosalie</p> <p>8:50 am <b>LES MILLS CXWORX</b> rosalie</p> <p>10:30 am <b>ZUMBA FINEST</b> (studio 2) leonora</p> <p>12:00 pm <b>LES MILLS BODYPUMP</b> heather</p> <p>4:30 pm <b>LES MILLS BODYPUMP</b> jenn t</p> <p>5:35 pm <b>LES MILLS CXWORX</b> jenn t</p> <p>6:20 pm <b>ZUMBA FINEST</b> christian/jenn</p>	<p>8:45 am <b>LES MILLS tone</b> michelle</p> <p>9:50am <b>LES MILLS BODYPUMP</b> caitlin</p> <p>5:30 pm <b>LES MILLS BODYFLOW</b> charissa</p> <p>6:35 pm <b>LES MILLS BODYPUMP</b> carisa</p>
<b>W</b>	<p>6:00 am <b>LES MILLS BODYATTACK™</b> betsy</p> <p>8:30 am <b>LES MILLS BODYCOMBAT</b> kim</p> <p>12:00 pm <b>LES MILLS BODYPUMP</b> melissa</p> <p>4:15 pm <b>LES MILLS BODYPUMP</b> margo</p> <p>5:30 pm <b>LES MILLS BODYPUMP</b> christy</p>	<p>5:45 am <b>LES MILLS BODYPUMP</b> greg</p> <p>8:15 am <b>LES MILLS BODYATTACK™</b> caitlin</p> <p>9:25 am <b>LES MILLS BODYPUMP</b> donna</p> <p>10:35 am <b>LES MILLS BODYFLOW</b> michelle</p> <p>12:00 pm <b>LES MILLS barre</b> jess t</p> <p>4:30 pm <b>LES MILLS tone</b> steph</p> <p>5:30 pm <b>ZUMBA FINEST</b> (studio 2) jenn</p>	<p>6:00 am <b>LES MILLS BODYPUMP</b> jason</p> <p>4:30 pm <b>LES MILLS BODYPUMP</b> jen</p> <p>5:40 pm <b>LES MILLS barre</b> jen</p>
<b>Th</b>	<p>5:30 am <b>LES MILLS BODYCOMBAT</b> brian</p> <p>8:15 am <b>LES MILLS BODYPUMP</b> kim</p> <p>12:00 pm <b>LES MILLS BODYSTEP</b> jenn t</p> <p>5:10 pm <b>LES MILLS CXWORX</b> betsy</p> <p>5:45 pm <b>LES MILLS BODYCOMBAT</b> betsy</p>	<p>6:00 am <b>LES MILLS BODYATTACK™</b> caitlin</p> <p>8:00 am <b>LES MILLS tone</b> michelle</p> <p>9:05 am <b>LES MILLS BODYFLOW</b> jessy</p> <p>10:30 am <b>ZUMBA FINEST</b> (studio 2) kathy m</p> <p>12:00 pm <b>LES MILLS BODYPUMP</b> rosalie</p> <p>4:30 pm <b>LES MILLS BODYPUMP ORIENTATION Jan 24th only</b></p> <p>5:45 pm <b>LES MILLS BODYPUMP</b> ashley</p> <p>6:15 pm <b>ZUMBA FINEST</b> (studio 2) christian</p>	<p>8:45 am <b>LES MILLS BODYPUMP</b> abby</p> <p>9:50 am <b>LES MILLS BODYCOMBAT</b> kim</p> <p>4:45 pm <b>LES MILLS barre</b> jess s</p> <p>5:30 pm <b>LES MILLS BODYATTACK™</b> kari</p>
<b>F</b>	<p>6:00 am <b>LES MILLS BODYPUMP</b> laura</p> <p>7:25 am <b>Strength + tone</b> marlena</p> <p>8:30 am <b>LES MILLS tone</b> michelle</p> <p>9:35 am <b>LES MILLS BODYPUMP</b> melissa</p> <p>11:20 am <b>LES MILLS CXWORX</b> kim</p> <p>12:00 pm <b>LES MILLS BODYCOMBAT</b> kim</p>	<p>5:45 am <b>LES MILLS BODYPUMP</b> carisa</p> <p>8:15 am <b>LES MILLS BODYATTACK™</b> betsy</p> <p>9:20 am <b>LES MILLS CXWORX</b> betsy</p> <p>10:30 am <b>ZUMBA FINEST</b> (studio2) robyn</p> <p>12:00 pm <b>LES MILLS BODYPUMP</b> heather</p> <p>5:15 pm <b>LES MILLS BODYFLOW</b> jenn t</p>	<p>8:45 am <b>LES MILLS barre</b> heather</p> <p>5:00 pm <b>LES MILLS BODYPUMP</b> sarah</p>
<b>S</b>	<p>7:45 am <b>LES MILLS BODYPUMP</b> rosalie</p> <p>9:00 am <b>Step LES MILLS</b> makeey</p> <p>10:15 am <b>LES MILLS BODYFLOW</b> jessy</p> <p>11:25 am <b>LES MILLS barre</b> jessy</p>	<p>7:25 am <b>LES MILLS CXWORX</b> aimee</p> <p>8:00 am <b>LES MILLS BODYATTACK™</b> kari</p> <p>10:00 am <b>ZUMBA FINEST</b> (studio2) lynn</p> <p>10:30 am <b>LES MILLS BODYPUMP</b> janet</p>	<p>7:15 am <b>LES MILLS BODYCOMBAT</b> brian</p> <p>8:20 am <b>LES MILLS BODYSTEP</b> steph/jenn t</p> <p>9:30 am <b>LES MILLS BODYPUMP</b> jenn t/margo</p> <p>10:40 am <b>LES MILLS BODYCOMBAT</b> courtney</p>
<b>S</b>	<p>7:45am <b>LES MILLS BODYCOMBAT</b> kim</p> <p>9:00 am <b>LES MILLS BODYPUMP</b> margo</p> <p>10:15 am <b>LES MILLS BODYCOMBAT</b> beth</p> <p>4:00 pm <b>LES MILLS barre</b> heather</p> <p>4:45 pm <b>LES MILLS BODYFLOW</b> heather</p>	<p>7:55 am <b>LES MILLS BODYPUMP</b> charissa</p> <p>9:00 am <b>LES MILLS BODYATTACK™</b> jess</p> <p>10:05 am <b>LES MILLS BODYPUMP ORIENTATION Jan 20th only</b></p>	<p>8:15 am <b>LES MILLS tone</b> caitlin</p> <p>9:20 am <b>LES MILLS BODYFLOW</b> caitlin</p> <p>10:30 am <b>LES MILLS BODYJAM</b> andrea</p>

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!

**BODYPUMP™ ORIENTATION-** This class will cover what to expect and the format of class, set up of the bench and picking your weights, how to use the smart bars, and basic technique of common moves for any Bodypump class. There will be a short demo (2-3 tracks) and class will highlight new moves in the upcoming new release. If you are new to Bodypump or just looking for some advice on technique, this is the perfect class for you.

## **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.

## **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**

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."

**barre NEW!** LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

**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.

## **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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