

Group X Fitness Class Schedule Effective 8/3/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM (45Min) Spin Act#: 540810 Gina - Court 1W	5:30AM (45min) Bootcamp Act#: 540817 Gina - Court 1E	5:30 AM (45 min) Spin Act#: 540810 Dawn - Court 1W	8:00 AM (45 Min) Tabata Act#: 540818 Deanna - Court 1E	5:30am AM Yoga (Max 8) Act#: 540827 Susan - Studio A	8:00 AM Bootcamp Act#: 540817 Gina - Miracle Field	8:00 AM BodyFlow (Max 8) Act#: 540816 Malise/Julie - Studio A
8:00 AM (45 Min) Spin Act#: 540810 Deanna - Court 1W	8:00 AM (45 Min) Tabata Act#: 540818 Deanna - Court 1E	8:00 AM BodyFlow (Max 8) Act#: 540816 Deanna - Studio A	9:00 AM CRT Act#: 540824 Deanna - Court 1E	8:00 AM Yogalates (Max 8) Act#: 540828 Deanna - Studio A	8:00 AM Spin Act#: 540810 Deanna - Court 1W	8:00 AM Spin Act#: 540810 Kayla - Court 1W
8:00 AM BodyCombat Act#: 540813 Shannon - Miracle Field	9:00AM Spin Act#: 540810 Jill - Court 1W	8:00AM (45min) Strength Embrace Act#: 540822 Jill - Court 1E	6:00 PM Mix It Up (MAX 10) Act#: 540825 Sharon-Studio C	8:00 AM (45Min) Spin Act#: 540810 Jill - Court 1W	8:15AM CX (30min) (Max 8) Act#: 540826 Nicole - Studio A	9:15 AM Les Mills BodyPump Act#: 540814 Malise/Julie - Court 1E
9:00 AM Better Bar None Act#: 540811 Jill - Court 1E	9:00AM Zumba Act#: 540819 Nicole - 123	9:15 AM BodyFlow (Max 8) Act#: 540816 Deanna - Studio A	6:15 PM CX (30min) (MAX 8) Act#: 540826 Nicole - Studio A	8:00 AM Les Mills BodyCombat Act#: 540813 Shannon - Miracle Field	9:15 AM BodyFlow (Max 8) Act#: 540816 Deanna - Studio A	
9:15 AM Pilates (MAX 8) Act#: 540812 Deanna - Studio A	6:15 PM Spin Act#: 540810 Dawn - Court 1W	5:30 PM (40 Min) HITT (Max 10) Act#: 540823 Gina - Studio C	7:00 PM Zumba Act#: 540819 Nicole - Court 1E	9:15 AM (45 min) Power Core Act#: 540829 Deanna - Court 1E	9:15 AM Zumba Act#: 540819 Nicole - Court 1E	
6:15 PM Les Mills BodyPump Act#: 540814 Julie - Court 1E	6:15 PM (45 min) Kettlebell (Max 10) Act#: 540820 Sharon - Studio C	6:00 PM Les Mills BodyPump Act#: 540814 Malise - Court 1E	7:00 PM BodyFlow (Max 8) Act#: 540816 Deanna - Studio A	10:30 AM Tai Chi (MAX 10) Act#: 540830 Joe - Studio B		
6:30 PM 40 Min Blast (Max 10) Act#: 540815 Peggy - Studio C	7:00 PM Pilates (Max 8) Act#: 540812 Deanna - Studio A	6:30 PM 40 Min Blast (Max 10) Act#: 540815 Peggy - Studio C				
7:00pm BodyFlow (MAX 8) Act#: 540816 Malise - Studio A	7:00 PM Gentle Yoga (Max 10) Act#: 540821 Tammy - Kensington	7:15PM (45 Min) Body Flow (Max 8) Act#: 540816 Malise - Studio A				



Classes with an average attendance of 4 or less are subject to cancellation.
 Schedule subject to change without notice. 8.3.2020

Get in shape with LPD's Group Fitness Classes

40-Minute Blast We will focus on muscles that shape your abdomen, lower back, hips, gluts, legs, upper body, shoulders & arms in this fun, 40-minute fast paced work out!

Better Class, Bar None This strengthening class is both challenging and satisfying! There's no better way to start the week. Body bars and tubes will be provided! All fitness levels welcome!

Boot Camp Boot Camp is an interval class which incorporates cardio and strength training. In an inviting, motivating and inspiring group environment, this class is designed to get results in both speed and endurance, while tightening and toning the entire body!

Cardio Resistance Training Total body strength class that works all muscles. Using a variety of equipment from dumbbells to resistance bands with bursts of cardio. New and different exercises challenge your muscles to build strength while burning calories.

CORE POWER Creative Core and Cardiovascular exercises will focus on the abdomen and back muscle groups along with glutes. Using upright and weight bearing positions to build stronger muscles throughout. A variety of equipment and body weight will be used.

Cycle Spin This class is an invigorating way to blast off calories while listening to fun and motivating music. This class is designed to work leg muscles, strengthen your CORE and is a great workout for all!

Express Kettlebell This 30-minute class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

High Intensity Interval Training A one-hour class that will combine intense cardio bursts and strength segments to challenge all the body's muscles.

Mix It Up Join us for a premiere total-body workout. This class includes cardio conditioning in the form of step, kickboxing or high/low impact aerobics. We will also be strength training by using hand-held weights and working out the lower body.

Pilates Mat Pilates builds strength and flexibility, particularly of the abdomen and back muscles using your own body weight. Other benefits are improved posture, balance, leaner muscles and CORE strength. With proper breathing you will de-stress and increase weight loss. This class is for beginner-advanced.

SilverSneakers Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Strength Embrace Is a challenging core and body strength workout for all levels. Hand weights and body resistance exercises will be incorporated into this 45-minute workout class.

TABATA Blast fat and strengthen your entire body in only 30 minutes with this intense workout! Tabata features 20-second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times without pause. With full intensity of execution, you'll be guaranteed results!

Tai Chi Tai Chi is an ancient Chinese martial art that is being rediscovered here as a health exercise. This class brings the mind, body and spirit together with isometric, balance and leg strengthening exercises. Movements are executed slowly and precisely to learn proper body alignment.

Weekend Workout Weekend Workout is a strength training class designed to burn fat and build muscle in an effective 60-minute workout session. You'll use body bars, dumbbells, stability balls and resistance bands to work all the major muscle groups. It's a great way to get in shape!

Yogalates Yogalates is integrating Yoga poses and Modern Pilates techniques for compete fitness, strength and flexibility. Yogalates develops CORE strength, tones muscles, increases flexibility and reduces stress. Matwork from Pilates and Yoga poses will warm and strengthen the body.

Zumba The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Group X Classes by Les Mills!

BODYFLOW™ is Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time out" from the stress and strains of daily life - a 55 minute group exercise-to-music class that enhances your physical and mental well-being.

BODYCOMBAT™ is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, Kickboxing, Muay Thai and Tai Chi. Each 55-minute BODYCOMBAT class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

BODYPUMP™ is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes BODYPUMP™ a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each 45-minute or one-hour workout. You'll use a step platform, a bar and a set of weights.

CXWORKX™ is 30-minute class. This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and behind, as well as improving functional strength and assisting in injury prevention.

