

# Group X Fitness Class Schedule Effective 3-22-21

updated 4.28.21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Spin Act#: 242001 Gina - Studio C	5:30 AM Bootcamp Act#: 242008 Gina - Court 1E	5:30 AM (45) Spin Act#: 242001 Dawn - Studio C	5:30 AM Barbell Bootcamp Act#: 242015 Gina - Court 1E	5:30 AM (45) Spin Act#: 242001 Dawn - Studio C	7:15 AM Hatha Yoga Act#: 242009 Tammy - Studio A	8:00 AM Les Mills BODYFLOW® Act#: 242007 Malise/Julie - Studio A
5:30 AM Yoga Act#: 242021 Susan - Studio A	7:00 AM Hatha Yoga Act#: 242009 Tammy - Kensington	5:30 AM Yoga Act#: 242021 Susan - Studio A	8:00 AM (45) Tabata Act#: 242010 Deanna - Court 1E	5:30 AM Yoga Act#: 242021 Susan - Studio A	8:00 AM Bootcamp Act#: 242008 Gina - Court 1E	9:15 AM Les Mills BODYPUMP™ Act#: 242005 Malise/Julie - Court 1E
8:00 AM Spin Act#: 242001 Deanna - Studio C	8:00 AM (45) Tabata Act#: 242010 Deanna - Court 1E	8:00 AM Les Mills BODYFLOW® Act#: 242007 Deanna - Studio A	9:00 AM CRT Act#: 242016 Deanna - Court 1E	8:00 AM Yogalates Act#: 242018 Deanna - Studio A	8:00 AM Spin Act#: 242001 Deanna - Studio C	
9:00 AM Better Bar None Act#: 242002 Jill - Court 1E	9:00 AM Spin Act#: 242001 Jill - Studio C	8:00 AM (45) Strength Embrace Act#: 242013 Jill - Court 1E	6:00 PM Hatha Yoga Act#: 242009 Tammy - Kensington	8:00 AM Spin Act#: 242001 Jill - Studio C	9:15 AM Zumba Act#: 242014 Nicole - Court 1E	
9:15 AM Pilates Act#: 242003 Deanna - Studio A	9:00 AM Cardio Buts Guts Bits Act#: 242011 Deanna - Court 1W	9:00 AM Zumba Act#: 242014 Nicole - Court 1W	6:15 PM (45) Mix It Up Act#: 242017 Sharon-Studio B	8:00 AM Les Mills BODYPUMP™ Act#: 242005 Shannon - Court 1W	9:20 AM Les Mills BODYFLOW® Act#: 242007 Deanna - Studio A	
9:15 AM Les Mills BODYCOMBAT™ Act#: 242004 Shannon - Studio B	6:15 PM (45) Kettlebell Act#: 242012 Sharon - Studio B	9:15 AM Les Mills BODYFLOW® Act#: 242007 Deanna - Studio A	7:00 PM Les Mills BODYFLOW® Act#: 242007 Deanna - Studio A	9:15 AM (50) VIIT Act#: 242019 Deanna - Court 1E		
6:15PM (45) Les Mills BODYPUMP™ Act#: 242005 Julie - Court 1E	7:00 PM Pilates Act#: 242003 Deanna - Studio A	6:00 PM Les Mills BODYPUMP™ Act#: 242005 Malise - Court 1E		9:15 AM Les Mills BODYCOMBAT™ Act#: 242004 Shannon - Studio B		
6:30 PM (40) 40 Min Blast Act#: 242006 Peggy - Studio B		6:30 PM (40) 40 Min Blast Act#: 242006 Peggy - Studio B		10:30 AM Tai Chi Act#: 242020 Joe - Studio B		
7:15 PM Les Mills BODYFLOW® Act#: 242007 Malise - Studio A		7:15 PM Les Mills BODYFLOW® Act#: 242007 Malise - Studio A				

**Evening Class**

**CORE Hours**  
 Mon-Friday  
 5AM-9PM  
 Sat/Sun  
 7AM - 5PM

*Indoor classes in studios have a 10 person max.  
 Classes with 3 or less registrations are subject to cancellation.  
 Schedule subject to change without notice.  
 Classes are 1 hour except when noted ( )*

# 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!

## **Barbell Bootcamp**

Get Strong! A strength focused Bootcamp incorporating barbells infused with bursts of step cardio designed to increase strength and muscular endurance. Challenge yourself in an inviting, motivating, and inspiring group environment.

**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!

**Bootcamp** Bootcamp 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 Butts, Guts & Bits** Hi-Low cardio strength class with focus on abdominals, back and glutes with some bits (arms) mixed in. Variety of equipment will be used. All levels welcome!

**Cardio Resistance Training (CRT)** 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.

**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!

**Hatha Yoga** Hatha yoga focuses on breathing, poses and stretches. These positions will feel natural, comfortable and will flow fluidly into one another at a relaxed pace. Resistance can be added or lessened simply by shifting your body's center of gravity. The practice will begin with practicing pranayama, deep breathing through the nose. Leading up to a series of poses and stretches then ending with three to five minutes of guided meditation. The atmosphere is mellow and inviting. Suitable for all levels. Please bring a sticky yoga mat.

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

**Kettlebell** This 45-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.

**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.

**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.

**VIIT** Variable Intensity Interval Training is a mash up of strength, cardio and mind-body including Yoga and Pilates moves. Will work through five strength moves, five cardio moves and five mind-body moves. A great class for strength participants that need to incorporate cardio and yoga and Yoga-Pilates participants that need some strength and cardio. All levels welcome! 50-minute class.

## **Yoga**

A combination of Vinyasa flow and Hatha yoga providing the body a good stretch and strength. Good for beginners or advanced yoga practitioners. Please bring a sticky yoga mat.

**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.

## **Active Adults 55+**

**Active Aging 55+** This senior focused class is designed to increase muscle strength, range of movement, and improve activities for daily living using body weight exercises. Class will meet outdoors.

**Chair Yoga 55+** Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. This class is designed for ages 55 and up.

**Golden Age Yoga 55+** The main benefits of yoga include improved balance and flexibility, lower blood pressure, improved strength and energy. This class is designed for those 55 and older. Chairs will be provided but participants will also complete postures from the floor. Please bring a yoga sticky mat.

**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.