

# COREFit Class Schedule Effective 9.12.22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Spin Act#: 842001 Gina - Studio C	5:30 AM Bootcamp Act#: 842009 Gina - Court 1E	5:30 AM (45) Spin Act#: 842001 Dawn - Studio C	5:30 AM Barbell Bootcamp Act#: 852014 Gina - Court 1E	5:30 AM (45) Spin Act#: 842001 Dawn - Studio C	7:15 AM Hatha Yoga Act#: 842018 Tammy - Studio A	9:00 AM(45) Les Mills BODYPUMP™ Act#: 842005 Rotation - Court 1E
5:30 AM Yoga Act#: 842002 Susan - Studio A	8:00 AM (45) Tabata Act#: 842010 Deanna - Court 1E	5:30 AM Yoga Act#: 842002 Susan - Studio A	8:00 AM (45) Tabata Act#: 842010 Deanna - Court 1E	5:30 AM Yoga Act#: 842002 Susan - Studio A	8:00 AM Bootcamp Act#: 842009 Gina - Court 1E	
8:00 AM Spin Act#: 842001 Deanna - Studio C	9:00 AM Spin Act#: 842001 Jill - Studio C	8:00 AM Les Mills BODYFLOW™ Act#: 842008 Deanna - Studio A	9:00 AM CRT Act#: 842015 Deanna - Court 1E	8:00 AM Yogalates Act#: 842016 Deanna - Studio B	8:00 AM Spin Act#: 842001 Deanna - Studio C	
9:00 AM Better Bar None Act#: 842003 Jill - Court 1E	9:00 AM Butts Guts & Bits Act#: 842011 Deanna - Court 1E	8:00 AM (45) Strength Embrace Act#: 842012 Jill - Court 1E	6:00 PM Zumba Act#: 842013 Ashley - Court 1E	8:00 AM Spin Act#: 842001 Jill - Studio C	9:15 AM Zumba Act#: 842013 Nicole - Court 1E	
9:15 AM Pilates Act#: 842004 Deanna - Studio A	7:00 PM Pilates Act#: 842004 Deanna - Studio A	9:00 AM Zumba Act#: 842013 Nicole - Court 1W	7:00 PM Les Mills BODYFLOW™ Act#: 842008 Deanna - Studio A	9:15 AM (50) VIIT Act#: 842017 Deanna - Court 1E	9:20 AM Les Mills BODYFLOW™ Act#: 842008 Deanna - Studio A	
6:00PM Les Mills BODYPUMP™ Act#: 842005 Malise - Court 1 E		9:15 AM Les Mills BODYFLOW™ Act#: 842008 Deanna - Studio A				
6:00PM (55) WERQ Act#: 842006 Marie- Studio A		6:00PM Les Mills BODYPUMP™ Act#: 842005 Malise - Court 1E				
6:30 PM (40) 40 Minute Fit Act#: 842007 Peggy - Studio B		6:30 PM 40 Minute Fit (40) Act#: 842007 Peggy - Studio B				
7:15PM(45) Les Mills BODYFLOW™ Act#: 842008 Malise - Studio A						

*Classes with 4 or less registrations are subject to cancellation.*

*Schedule subject to change without notice.*

*Classes are 1 hour except when noted ( )*

**Evening  
Class**

**CORE Hours**  
 Mon-Fri.  
 5 AM-9 PM

**Sat. & Sun.**  
 7 AM-5 PM



# Get in shape with LPD's Group Fitness Classes

**40-Minute Fit** This class is perfect for anyone trying to improve their fitness and health. Challenge your body with a combination of cardio, strength training and abdominal work. All levels welcome!

**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!

**Boogie and Tone** Grab your Boogie shoes and join me for a 45-minute workout. This workout will include a half-hour of low impact cardio dance and wrap up with 15 minutes of toning to specific muscle groups. Come for the fun and stay for the results!

**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!

**Butts, Guts & Bits** Core focused workout to strengthen your abdominals, back, glutes, a little bit of arms with low intensity bursts of cardio. ALL fitness 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.

**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 that 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.

**WERQ** WERQ is bringing the high energy of a nightclub straight to the studio! The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat all while challenging your inner Diva!

**Yoga** A combination of Vinyasa flow and Hatha yoga providing the body a good stretch and strength. Good for beginners or advanced yoga practitioners. Bring a 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.