

# COREFit Class Schedule Effective 10.9.2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM CORE Cycle 60 Gina - Cycle Studio	5:30 AM Bootcamp Gina - Court 1	5:30 AM (45) CORE Cycle 45 Dawn - Cycle Studio	5:30 AM Strength Infusion Gina - Court 1	5:30 AM (45) CORE Cycle 45 Dawn - Cycle Studio	7:45AM Hatha Yoga Tammy - Studio A	9:00 AM(45) Les Mills BODYPUMP™ Rotation - Court 1
8:00 AM CORE Cycle 60 Deanna - Cycle Studio	8:00 AM (45) Tabata Deanna - Court 1	8:00 AM Les Mills BODYBALANCE™ Deanna - Studio A	8:00 AM (45) Tabata Deanna - Court 1	5:30 AM (45) Stretch and Mobility Gina - Court 1	8:00 AM Bootcamp Gina - Court 1	
9:00 AM Better Bar None Jill - Court 1	9:00 AM CORE Cycle 60 Jill - Studio C	9:00 AM (45) CORE Cycle Shift and Lift Jill - Cycle Studio	9:00 AM CRT Deanna - Court 1	8:00 AM Yogalates Deanna - Studio B	8:00 AM CORE Cycle 60 Deanna - Cycle Studio	
9:15 AM Pilates Deanna - Studio A	9:00 AM Butts Guts & Bits Deanna - Court 1	8:00 AM (45) Strength Embrace Jill - Court 1	6:00 PM Zumba Ashley - Court 1	8:00:00 AM (45) Core Cycle 45 Jill - Cycle Studio	9:15AM Zumba Carissa - Court 1	
6:00PM Les Mills BODYPUMP™ Malise - Court 1	9:00 AM Les Mills BODYCOMBAT™ Shannon - Studio B	9:15 AM Les Mills BODYBALANCE™ Deanna - Studio A	5:30pm Hatha Yoga Tammy - Kensington	9:15 AM (50) VIIT Deanna - Court 1	9:20 AM Les Mills BODYBALANCE™ Deanna - Studio A	
6:00PM (55) WERQ Marie- Studio A	5:30pm (45) Mash Up Malise - Studio A	6:00PM Les Mills BODYPUMP™ Malise - Court 1	7:00 PM Les Mills BODYBALANCE™ Deanna - Studio A	9:15 AM (50) VIIT Deanna - Court 1		
6:30 PM (40) 40 Minute Fit Peggy - Studio B	6:15pm (45) CORE Cyle 45 Dawn- Cycle Studio	6:30 PM 40 Minute Fit (40) Peggy - Studio B				
7:15PM(45) Les Mills BODYBALANCE™ Malise - Studio A	7:00 PM Pilates Deanna - Studio A	7:15PM(45) Les Mills BODYBALANCE™ Malise - Studio A				

Evening  
Class

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

*Schedule subject to change without notice.*

*Classes are 1 hour except when noted ( )*

**CORE Hours**  
 Mon-Fri.  
 5 AM-9 PM  
 Sat. & Sun.  
 7 AM-5 PM

# Get in shape with LPD's CORE Fit Group Classes

**40-Minute Fit** 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!

**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.

**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.

**Mash Up** Challenge yourself each week with a new workout! Each class will feature a different workout and no class will ever be the same. Have fun, learn new exercises, and burn calories. All levels welcome.

**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.

**Spin Indoor Cycling** 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!

**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.

**Strength Infusion** Get Strong! A strength focused fitness class incorporating weights with bursts of cardio to increase strength and muscular endurance. Challenge yourself in an inviting, motivating, and inspiring group environment.

**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!

**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!

**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!

## CORE Fit Classes by Les Mills!

**BODYBALANCE™** 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 high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**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.

## CORE Cycle Indoor Cycling

**CORE Cycle 45 or 60** Group indoor cycling workout where you control the intensity! Ride, climb, and sprint to great music in a motivating setting. Build endurance and challenge yourself in the CORE Cycle Studio. Available in 45 minute and 60 minute formats.

**CORE Cycle Shift and Lift** This fusion class combines indoor cycling with intervals of strength training! Build strength and endurance as you challenge yourself in the CORE Cycle Studio.

## Active Adults 55+

**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.

**Golden Age Pilates 55+** The small controlled movements that take place in Barre decreases pressure on the joints, tendons, ligaments and spine by improving core strength and posture. Pilates enhances your balance, also, increasing core strength. Yoga increases your meditation practice, flexibility and balance creating a perfect combination of exercises. The assistance of a chair will be used for balance along with light weights, resistance bands, Pilates ball and a sticky yoga mat for floor work

**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.