



# 2019 GROUP EXERCISE CLASSES HEALTHY LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15am <b>Strong Bodies</b> Amber	5:45-6:15am <b>LESMILLS CXWORX</b> Wendy	5:45-6:45am <b>LESMILLS BODYPUMP</b> Amanda M	5:45-6:15am <b>LESMILLS CXWORX</b> Lynne M	6:00-7:00am <b>Spin</b> Cari	7:15-7:45am <b>LESMILLS Barre</b> Sarah	
6:15-7:00am <b>Step</b> Amber	6:20-6:50am <b>LESMILLS SPRINT</b> Julie		6:15-7:00am <b>BODYFLOW Express</b> Lynne M	8:15-9:00am <b>Be Fit</b> Gail	8:00-9:00am <b>LESMILLS BODYPUMP</b> Alternates	10:15-11:10am <b>Pilates</b> Charise
8:15-9:00am <b>Gentle Yoga</b> Amanda H	8:45-9:15am <b>LESMILLS Barre</b> Lynne M	8:00-8:45am <b>Zumba Gold</b> Traci	8:15-9:05am <b>Beginner Spin</b> Cari	9:15-10:15am <b>Aqua Zumba</b> Traci (pool)	9:05-9:55am <b>Step</b> Alternates	11:15-12:05pm <b>LESMILLS RPM</b> Sarah
9:15-10:15am <b>Aqua Aerobics</b> Dyan (pool)	9:20-10:05am <b>Step</b> Lynne M	9:15-10:15am <b>Aqua Aerobics</b> Darlene/Julie (pool)	9:20-10:20am <b>LESMILLS BODYATTACK</b> Joanne	9:20-10:20am <b>LESMILLS BODYPUMP</b> Joanne	10:00-10:30am <b>LESMILLS CXWORX</b> Joanne	12:10-1:10pm <b>LESMILLS BODYFLOW</b> Sarah
9:20-10:20am <b>LESMILLS BODYPUMP</b> Joanne	10:10-10:55am <b>Pilates Fusion</b> Marissa	9:20-10:20am <b>LESMILLS BODYPUMP</b> Lynne	10:25-10:55am <b>LESMILLS CXWORX</b> Joanne	10:30-11:30am <b>LESMILLS BODYCOMBAT</b> Joanne	10:40-11:10am <b>LESMILLS ATTACK express</b> Joanne	
10:30-11:00am <b>LESMILLS SPRINT</b> Joanne	11:00-12:00pm <b>LESMILLS BODYFLOW</b> Theresa	10:30-11:00am <b>LESMILLS SPRINT</b> Joanne	11:00-12:00pm <b>Power Vinyasa Yoga</b> Amanda H	11:45-12:45pm <b>Yoga</b> Natalie/Kristen	11:15-11:45am <b>LESMILLS GRIT</b> Joanne	
11:15-11:45am <b>LESMILLS GRIT</b> Joanne	12:05-12:55pm <b>Chair Yoga</b> Theresa	11:15-11:45am <b>LESMILLS GRIT</b> Joanne		1:00-2:00pm <b>Pedaling for Parkinson's</b> Rachel/Joanne	12:00-12:30pm <b>LESMILLS SPRINT</b> Joanne	
12:00-1:00pm <b>Pedaling for Parkinson's</b> Melodie	2:00-3:00pm <b>Aqua Aerobics</b> Jill/Dyan (pool)	12:00-1:00pm <b>Pedaling for Parkinson's</b> Julie	2:00-3:00pm <b>Aqua Aerobics</b> Dyan (pool)		<p>Agnes 12 years and up are welcome to participate in any of our group exercise classes.</p> <p><b>DROP-IN GROUP EXERCISE CLASS FEE:</b></p> <p><b>Members:</b> Free  <b>Non-Members:</b> \$6.00  <b>Punch Card:</b> \$60.00 for 10 classes</p> <p><b>Note:</b> Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p> <p style="text-align: center;"><b>Effective Dec 1 – Dec 31</b></p>	
4:30-5:20pm <b>LESMILLS BODYCOMBAT</b> Joanne	4:45-5:15pm <b>LESMILLS CXWORX</b> Joanne	4:20-4:50pm <b>LESMILLS GRIT</b> Joanne	4:30-5:20pm <b>LESMILLS BODYPUMP Express</b> Dax			
5:30-6:30pm <b>LESMILLS BODYPUMP</b> Lynne M	5:30-6:30pm <b>LESMILLS BODYATTACK</b> Joanne	4:55-5:25pm <b>LESMILLS SPRINT</b> Joanne	5:30-6:30pm <b>Step</b> Amber			
6:35-7:35pm <b>LESMILLS BODYFLOW</b> Wendy	6:45-7:45pm <b>Zumba</b> Mark	5:30-6:30pm <b>LESMILLS BODYPUMP</b> Charise	6:45-7:45pm <b>Zumba</b> Traci			
		6:45-7:45pm <b>Yoga</b> Nikola				

# Marquette Group Exercise Class Descriptions

## **AQUA AEROBICS – 60 minute class**

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class all in the shallow pool. No swimming.

## **BE FIT– 45 minute class**

This class is designed as a total body conditioning class using equipment that you can stand or sit as needed for all levels and is geared towards the older population to encourage fitness, fun and friends, but you'll still work hard.

## **LES MILLS BARRE - 30 minute class**

Les Mills Barre is a modern expression of classic balletic training. A 30 minute workout designed to shape and tone the muscles, build core strength, and allow you to escape the everyday. If you've ever trained for ballet, or are simply seeking a new kind of self-expression, you will love Barre.

## **LES MILLS BODYATTACK – 60 minute class or 30 or 45 minute express**

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises for total fitness. Dynamic instructors and powerful music motivate everyone towards their fitness goals with sports inspired fitness training! No matter what your fitness level, you'll get fit!

## **LES MILLS BODYCOMBAT – 60 minute class or 30 or 45 minute express**

Strike, punch, kick and kata your way through calories to superior cardio fitness. 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, Tae Kwon Do, Tai Chi and Muay Thai.

## **LES MILLS BODYFLOW – 60 minute class or 30 or 45 minute express**

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 creates a holistic workout.

## **LES MILLS BODYPUMP – 60 minute class**

BodyPump uses THE REP EFFECT™, a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

## **LES MILLS CXWORX - 30 minute class**

Based on scientific research, this program is the ultimate way to get a tight, toned core and improved functional strength for balance, mobility and injury prevention. It's dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

## **LES MILLS GRIT - 30 minute class**

Science based GRIT is a high-intensity interval-training team workout that drives you to push hard (maximum effort) and hit EPOC (after burn). 3 programs of cardio, plyo or mostly strength (often integrated) push you to fatigue and the structure changes with every release. Maximum calorie and fat burn, high heart rates in minimal workout time. Options for all levels. Floor coaching model for motivation and form corrections.

## **LES MILLS RPM – 50 minute class**

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

## **LES MILLS SPRINT - 30 minute class**

Science based SPRINT is high-intensity interval-training on a bike, that drives you to push hard (maximum effort) and hit EPOC (after burn). Low Impact but high intensity training pushes you to fatigue and the structure changes with every release. Maximum calorie and fat burn, high heart rates in minimal workout time. Options for all levels. Floor coaching model for form and motivation.

## **PILATES – 30, 40 or 50 minute class**

Increases core strength and stability. Helps improve flexibility and balance. This low impact class is on the mat and sometimes uses weights or equipment.

## **SPIN – 30, 45 or 60 minute class**

This indoor cycling class is for all levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music.

## **STEP – 40, 50 or 60 minute class**

Take a step toward cardio fitness by stepping up, down, and around an adjustable step bench. May include toning segments.

## **STRONG BODIES – 30 or 60 minute class**

This class uses barbells and hand weights set to music to build muscle endurance. Fun and fitness for all levels.

## **YOGA and CHAIR YOGA – 45, 50 or 60 minute class**

Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations. Power Vinyasa is more athletic and moves quickly through postures. Many options for various levels.

## **ZUMBA, ZUMBA GOLD, ZUMBA STEP or AQUA ZUMBA– 45 or 60 minute class**

A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt. Zumba GOLD is a slower pace, low impact and basic moves designed for older populations, beginners, or anyone that wants a lower intensity class. Zumba STEP adds an aerobic workout bench to change the intensity and mix it up. AQUA Zumba takes it to the pool!