



# 2018 GROUP EXERCISE CLASSES HEALTHY LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am <b>LESMILLS BODYPUMP</b> Trevor	5:45-6:15am <b>LESMILLS CXWORX</b> Wendy	5:45-6:15am <b>PUMP EXPRESS</b> Lynn J.	5:45-6:15am <b>LESMILLS CXWORX</b> Lynne M.	6:00-7:00am <b>Spin</b> Cari		
8:15-9:00am <b>Be Fit</b> Jen	6:15-7:00am <b>Combat Express</b> Trevor	6:15-7:00am <b>Spin</b> Lynn J.	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> Trevor	10:15-11:10am <b>Pilates</b> Charise
9:15-10:15am <b>Aqua Aerobics</b> Dyan (pool)		8:15-9:00am <b>Zumba Gold</b> Traci	8:15-9:05am <b>Beginner RPM</b> Rebecca	9:15-10:15am <b>Aqua Zumba</b> Traci (pool)	9:05-9:55am <b>Step</b> Carol/Noreen	11:15am-12:05pm <b>LESMILLS RPM</b> Sarah/Rebecca
9:20-10:20am <b>LESMILLS BODYPUMP</b> Joanne	9:20-10:05am <b>Step</b> Lynne	9:15-10:15am <b>Aqua Aerobics</b> Dyan (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	12:15-1:15pm <b>LESMILLS BODYFLOW</b> Sarah
10:30-11:00am <b>LESMILLS GRIT</b> Joanne	10:10-10:40am <b>LESMILLS CXWORX</b> Lynne M.	9:20-10:20am <b>LESMILLS BODYPUMP</b> Lynne M.	10:30-11:00am <b>LESMILLS CXWORX</b> Joanne	10:30-11:30am <b>BODYCOMBAT</b> Joanne	10:40-11:10am <b>LESMILLS ATTACK express</b> Joanne	1:20-2:20pm <b>TEAM Zumba</b>
11:05-11:55am <b>Pilates</b> Sheree	11:00-12:00pm <b>LESMILLS BODYFLOW</b> Theresa	10:30-11:15am <b>SPIN</b> Joanne	11:05-12:05pm <b>LESMILLS BODYFLOW</b> Lynne	11:45-12:45pm <b>Yoga</b> Aubrey	11:15-11:45am <b>LESMILLS GRIT</b> Joanne	
12:00-1:00pm <b>Pedaling for Parkinson 's</b> Aubrey	12:05-12:55pm <b>Chair Yoga</b> Theresa	11:30-12:00pm <b>LESMILLS GRIT</b> Joanne		1:00-2:00pm <b>Pedaling for Parkinson 's</b> Rachel		
	2:00-3:00pm <b>Aqua Aerobics</b> Dyan (pool)	12:00-1:00pm <b>Pedaling for Parkinson 's</b> Aubrey	2:00-3:00pm <b>Aqua Aerobics</b> Dyan (pool)		<p>Ages 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>	
4:30-5:25pm <b>LESMILLS BODYATTACK</b> Joanne	4:30-5:20pm <b>Spin</b> Joanne (Starts October 2nd)	4:30-5:20pm <b>Pilates</b> Charise	4:30-5:20pm <b>LESMILLS BODYPUMP</b> Trevor			
5:30-6:30pm <b>LESMILLS BODYPUMP</b> Lynne M.	5:30-6:30pm <b>LESMILLS BODYCOMBAT</b> Joanne	5:30-6:30pm <b>LESMILLS BODYPUMP</b> Charise	5:30-6:15pm <b>HIIT CARDIO</b> Trevor	5:30-6:30pm <b>Attack/Yoga</b> Aubrey (Starts October 2nd)		
6:45-7:45pm <b>LESMILLS BODYFLOW</b> Wendy	6:45-7:45pm <b>Zumba</b> Mark	6:45-7:45pm <b>Yoga</b> Nikola	6:45-7:45pm <b>Zumba Step</b> Traci			
	Last Tuesday of every month – <b>ZUMBAVIBE</b> with Traci					

**Effective**  
**September 4th**

# Marquette Group Exercise Class Descriptions

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

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class; no swimming is required.

## **BARRE – 50 or 60 minute class**

This class is inspired by moves from ballet, but no dance experience required! Increases total body strength and stability, improves flexibility and balance. This low impact class uses the mat, chair, balls, tubing and/or weights.

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

Increases core strength and stability. Helps improve flexibility and balance. This low impact class is on the mat.

## **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. Dynamic instructors and powerful music motivate everyone towards their fitness goals. 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 cutting-edge 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**

GRIT is a high-intensity interval-training team workout that drives you to push hard and hit EPOC (after burn). 3 programs of cardio, plyo or strength push you to fatigue and the structure changes with every release.

## **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.

## **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!

## **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 – 50 or 60 minute class**

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

## **YOGA and CHAIR YOGA – 45 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.

## **ZUMBA, ZUMBA GOLD 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 and basic moves designed for older populations, beginners, or anyone that wants a lower intensity class. AQUA Zumba takes it to the pool!