



2019 GROUP EXERCISE CLASSES HEALTHY LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am LESMILLS BODYPUMP Trevor	5:45-6:15am LESMILLS CXWORX Wendy	5:45-6:15am BODYPUMP EXPRESS Dax	5:45-6:15am LESMILLS CXWORX Lynne	6:00-7:00am Spin Cari	7:15-7:45am LESMILLS Barre Sarah	
8:15-9:00am Be Fit Jen	6:15-7:00am HIIT Cardio Trevor	6:15-7:00am Spin Dax	6:15-7:00am BODYFLOW Express Lynne	8:15-9:00am Be Fit Gail	8:00-9:00am LESMILLS BODYPUMP Trevor	10:15-11:10am Pilates Charise
9:15-10:15am Aqua Aerobics Dyan (pool)	8:45-9:15am LESMILLS Barre Lynne	8:00-9:00am Zumba Gold Amanda	8:15-9:05am Beginner RPM Rebecca	9:15-10:15am Aqua Zumba Traci (pool)	9:05-9:55am Step Alternates	11:15-12:05pm LESMILLS RPM Sarah/Rebecca
9:20- 10:20am LESMILLS BODYPUMP Joanne	9:20-10:05am Step Lynne	9:15-10:15am Aqua Aerobics Darlene/Julie (pool)	9:20-10:20am LESMILLS BODYATTACK Joanne	9:20-10:20am LESMILLS BODYPUMP Joanne	10:00-10:30am LESMILLS CXWORX Joanne	12:15-1:15pm LESMILLS BODYFLOW Sarah
10:30-11:00am LESMILLS GRIT Joanne	10:10-10:40am LESMILLS CXWORX Lynne	9:20-10:20am LESMILLS BODYPUMP Lynne	10:25-10:55am LESMILLS CXWORX Joanne	10:30-11:30am LESMILLS BODYCOMBAT Joanne	10:40-11:10am LESMILLS ATTACK express Joanne	1:20- 2:20pm Zumba Amanda
11:05-11:55am Yoga Alexandra	10:45-11:45am LESMILLS BODYFLOW Theresa	10:30-11:15am Spin Joanne	11:00-12:00pm LESMILLS BODYFLOW Lynne	11:45-12:45pm Yoga Alexandra	11:15-11:45am LESMILLS GRIT Joanne	
12:00-1:00pm Pedaling for Parkinson's Amanda	12:00-12:55pm Chair Yoga Theresa	11:25 -11:55am LESMILLS GRIT Joanne	12:15-12:45pm LESMILLS SPRINT Joanne	1:00-2:00pm Pedaling for Parkinson's Rachel	12:00-12:30pm LESMILLS SPRINT Joanne	
	2:00-3:00pm Aqua Aerobics Josie (pool)	12:00-1:00pm Pedaling for Parkinson's Amanda	2:00-3:00pm Aqua Aerobics Dyan (pool)		<p>Ages 12 years and up are welcome to participate in any of our group exercise classes.</p> <p>DROP-IN GROUP EXERCISE CLASS FEE:</p> <p>Members: Free Non-Members: \$6.00 Punch Card: \$60.00 for 10 classes</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p>	
4:30-5:20pm LESMILLS BODYCOMBAT Joanne	4:45-5:15pm LESMILLS CXWORX Joanne	4:30-5:20pm Spin Joanne	4:30-5:20pm LESMILLS BODYPUMP Trevor			
5:30-6:30pm Strong Bodies Lynne	5:30-6:30pm LESMILLS BODYATTACK Joanne	5:30-6:30pm Strong Bodies Charise	5:30-6:30pm Step Amber	5:30-6:30pm Fitness Mix Alternates		
6:35-7:35pm LESMILLS BODYFLOW Wendy	6:45-7:45pm Zumba Mark	6:45-7:45pm Yoga Nikola	6:45-7:45pm Zumba Step Traci			

Effective
February 1 - 28

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.

PILATES – 30 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.

HIIT Cardio – 45 minute class

The HIIT Cardio Class focuses on high-intensity interval training. This type of training technique demands an all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets the heart rate up and burns more fat in less time than a normal workout class. Modify to fit all levels.

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.

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

STRONG BODIES - 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. 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!