



Time	Monday	Instructor
5:30-6:30a	LES MILLS VIRTUAL-BODYCOMBAT	
7:00-7:30a	GRIT	
9:00-10:00a	Cardio Bootcamp-Gym or GX	Amy
9:00-10:00a	BODYPUMP	Shay
10:30-11:30a	Gentle Strength&Cardio Fusion	Mary
12:15-12:45p	Bootcamp/Cycle ABC	Jamie
2:00-3:00p	BODYPUMP	
3:00-3:30p	GRIT	
4:30-5:25p	Strength/Cardio Intervals	Amy
5:30-6:30p	BODYPUMP	*Live w/ Betsy
6:40-7:10p	Strenght/Cardio Intervals	Robin
8:00-9:00p	BODYPUMP	

Tuesday		
Time	Class	Instructor
5:30-6:30a	LES MILLS VIRTUAL-BODYPUMP	
7:00-8:00a	BODYPUMP	
9:00-9:55a	Low Impact Aerobics	Jamie
10:00-10:45a	Silver Sneakers Classic	Amy
12:15-12:45p	Cycle/Stength Cardio Intervals	Amy/Penny
2:00-2:30p	GRIT	
3:00-3:30p	CXWORX	
4:30-5:25p	Kidz Les Mills Born to Move Fitness Class	
5:30-6:20p	Dance Club and Sculpt	Elizabeth
6:30-6:50p	Total Abs	Myra
7:00-7:45p	Low Impact Aerobics	Myra
8:00-9:00p	BODYCOMBAT	Lorrie

Wednesday		
Time	Class	Instructor
5:30-6:30a	LES MILLS VIRTUAL-BODYCOMBAT	
7:00-7:30a	GRIT	
9:00-9:55a	Strenght/Cardio Intervals	Amy
10:00-11:00a	BODYPUMP	Karen
11:15-12:00p	Beginning Line Dance	Susan A.
12:15-12:45p	Kettlebell	Jamie/Penny
2:00-3:00p	BODYPUMP	
3:00-3:30p	GRIT	
4:30-5:25p	Strenght/Cardio Intervals	Amy
5:30-6:320p	Hip Hop	Adriane/Shay
6:45-7:45p	BODYPUMP	

Time	Thursday	Instructor
5:15-6:15a	Strength/Cardio Intervals	Jen
7:00-8:00a	BODYPUMP	
9:00-9:55a	Low Impact Aerobics	Karen
10:00-10:45a	Silver Sneaker Classic	Karen
12:15-12:45p	Strenght/Cardio Intervals	Jamie
2:00-2:30p	GRIT	
3:00-3:30p	CXWORX	
4:20-5:20p	BODYPUMP	Stacy
5:30-6:15p	Pound!	Mary Jo
NO POUND CLASS ON OCT. 31-HAPPY HALLOWEEN!		
6:30-6:50p	Total Abs	Myra
7:00-7:45p	Low Impact HIIT/Step	Myra
8:00-8:45p	Sh'BAM	

Friday		
Time	Class	Instructor
5:30-6:30a	LES MILLS VIRTUAL-BODYCOMBAT	
7:00-7:30a	GRIT	
9:00-10:00a	BODYPUMP	*Live w/ Betsy
10:15-11:00a	Silver Sneaker Stretch	Virginia
2:00-3:00p	BODYPUMP	
3:00-4:00p	BODYCOMBAT	
5:30-6:30p	BODYPUMP	

Saturday		
Time	Class	Instructor
8:00-9:00a	Bootcamp	Rotation
9:00-10:00a	BODYPUMP	
11:00-11:45a	Hip Hop 45 min.	leasha
12:00-12:45p	Sh'BAM	
1:00-1:30p	GRIT	
2:00-3:00p	BODYPUMP	
3:00-4:00p	BODYFLOW 45-60 min.	
4:00-5:00p	BODYCOMBAT	

Sunday		
Time	Class	Instructor
2:00-3:00p	BODYFLOW 45-60 min	
3:00-3:30p	CXWORX	
4:00-5:000p	BODYPUMP	

**Les Mills Virtual-Streaming**  
Steaming Virtual Classes allow you to experience a variety of workouts on your own when it's convenient. Feel free to leave when you want. Let a staff person know if there is a class you want to work out to and they will set it up.

\*LIVE BODYPUMP CLASSES ARE BASED ON INSTRUCTOR AVAILABILITY

