



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Y-Cycle (60 min) Tiana (CR) Yoga (60 min) Sara (CM)	Les Mills Virtual Cycling (CR)	Y-Cycle (60 min) Abigail (CR) Yoga (60 min) Kathryn (CM)	Les Mills Virtual Cycling (CR)	Y-Cycle (60 min) Tiana (CR)		
6:00am		Les Mills Virtual Cycling (CR) Les Mills BODYPUMP® (55 min) Walid (GF)		Les Mills Virtual Cycling (CR) Les Mills BODYPUMP® (55 min) Walid (GF)			
6:30 am	Les Mills Virtual Cycling (CR)	Les Mills Virtual Cycling (CR)	Y Core (30 min) Willie (GF)	Les Mills Virtual Cycling (CR)	Y Core (30 min) Willie (GF)		
8:30 am	Les Mills BODYPUMP® (55 min) Tara (GF)	In-Trinity (60 min)★ Kathryn (GF)	Les Mills BODYPUMP® (55 min) Rachel (GF)	In-Trinity (60 min)★ Cedahlia (GF)			
8:45 am						Les Mills BODYCOMBAT® (55 min) Staff (GF)	
9:00 am	Energizing Chair Yoga by Church Health (CM)				Line Dance (60 min) Ronda (GF)		
10:00am	Movement & Balance (45 min) Stephanie B. (GF)	SilverSneakers Classic® (60 min) Beth (GF)	Movement & Balance (45 min) Stephanie B. (GF)	SilverSneakers Classic® (60 min) Stephanie (GF)		Les Mills BODYPUMP® (55 min) Brandy (GF)	
11:00 am						Yoga (60 min) Brandy (GF) Color Cycling (60 min) Staff (CR)	
11:15am		Yoga (60 min) Nathalie (CM)		Yoga (60 min) Kathryn (CM)			
11:30am	Les Mills BODYCOMBAT® (55 min) Tara (GF)	Les Mills Virtual RPM (CR)	Les Mills BODYCOMBAT® (55 min) Tara (GF)	Les Mills Virtual RPM (CR)	Les Mills BODYPUMP® (55 min) Tara (GF)	MX4/Y Core (60 min) Lauren (FF)★	
12:00 pm	Pilates (50 min) Nathalie (CM)	MX4 (30 min) Malek (FF)★	Pilates (50 min) Stephanie (CM)	MX4 (30 min) Malek (FF)★		Family Circuit (30 min) The Well (GF)	
12:30 pm		Y Core (30 min) Malek (GF)		Y Core (30 min) Malek (GF)	Color Cycling (12:35) Tara (CR)		
1:30 pm							
4:00 pm							Mindful Yoga (60 min) by Church Health(CM)
4:30 pm	Y Core (30 min) Ronda (GF)				Y Core (30 min) Lauren (GF)◆		
5:00 pm	Y Move (45 min) Ronda (GF)	Y Power (45 min) Willie (GF)	Y Move (45 min) Willie (GF)	Les Mills BODYPUMP® (55min) Brandy (GF)	Y Move (45 min) Lauren (GF)◆		
5:30 pm		Movin' & Groovin (30 min) by The Well (CM)	Zumba® (60 min) Flecia (CM)	Pilates (60 min) Nathalie (CM)			
	Les Mills Virtual RPM (CR)	Color Cycling (60 min) Karen (CR)	Yoga for Kids (30 min) by the Well (CR)	Color Cycling (60 min) Abigail (CR)			
6:00 pm	Les Mills BODYPUMP® (55 min) Brandy (GF)	Les Mills BODYCOMBAT® (55 min) Maggie (GF)	Les Mills BODYPUMP® (55 min) Brittany (GF)	Les Mills BODYCOMBAT® (55 min) Maggie (GF)			
6:30 pm	Zumba® (60 min) Flecia (CM)	Yoga (60 min) Stephanie (CM)	Alignment Yoga (60min) by Church Health (CM)	Group Games (60 min) by The Well (CM)			
7:00 pm	PIYo® Live (60 min) Natasha/Natalie (GF)		Pilates/Yoga Fusion Stephanie (GF)				

Group Exercise Youth Guidelines:

(Ages 10-14 must complete Youth Wellness Orientation to participate)

Ages 15+ may participate in all group exercise classes.

Ages 13-14 may participate in classes without parental guidance

Ages 10-12 must be accompanied by a parent or guardian for full class.

Children under 10 are not permitted to attend adult group exercise classes

*Adult classes taught by "Church Health" are ages 13+

★ Limited class size. Sign-up at Welcome Center.

◆ FRIDAY EVENING CLASS: No Child-care provided

■ GF: Group Fitness Room

■ CM: Creative Movement Room

■ CR: Cycling Room

■ FF: Fitness floor

Class Descriptions

Color Cycling - Color Cycling aka Coach By Color delivers real-time biofeedback using 5 color training zones: white, blue, green, yellow, and red. The instructors use the colors to lead the class in an exhilarating workout. The bikes link with most wearable HR devices.

Family Circuit - A multi-station workout that alternates between strength and cardio exercise.

In - Trinity - In - Trinity programs breathe new life into traditional practices like yoga, pilates, and martial arts. Uniquely designed by Johnny G, this "energy-in" practice promotes physical and mental wellbeing for all fitness levels. Class size limited please sign up at the Welcome Center.

Les Mills BodyCOMBAT® - 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.

Les Mills RPM® - Cardio peak training done on a stationary bike. Participants will experience moderate to high intensity levels of effort, with active recoveries throughout. During RPM®, each effort blends into the next and participants are encouraged to find their own place in the pack as they ride over different types of terrain.

Les Mills SPRINT® - Uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training.

Les Mills BodyPUMP® - A weights class for absolutely everyone! Using light to moderate weights with a lot of repetition (reps), BodyPUMP® gives you a total body workout that burns lots of calories.

Line Dance - Increase your energy level, tone your body and improve coordination and memory skills with this choreographed dance favorite .

Movement & Balance - A chair based exercise program designed to work on fall prevention, forward, backward, and lateral movements.

Movin' & Groovin' - A high energy class designed to promote children's heart health and creativity .

MX4- Small group training program designed to lead participants through a trainer led high intensity interval circuit in 30 quick minutes. Try it out and see the results! Class size limited please sign up at the Welcome Center.

Pilates - Core body workout that stresses balance, flexibility, good posture, and muscle strength.

Pi-Yo Live® - You can burn excess fat and sculpt and define your whole body with the flowing sequences designed to burn serious calories and lengthen and tone your muscles.

SilverSneakers Classic® - Have fun and move through exercises designed to increase muscular strength, range of movement, & activity for living skills. Weights, elastic tubes, and balls for resistance, chairs used for seating and/or standing support.

Y Core - Tone and define your core with exercises targeting major muscles to improve your physique, strength, and overall health.

Y-Cycle - Experience a heart-racing simulated course in our spin studio with a fat burning workout.

Y Move - An energetic, full-body cardio workout.

Y Power-A challenging total body strength training workout utilizing various forms of equipment to tone & develop various muscles of the body.

Yoga - Wonderful stress reliever that enhances strength, balance, and flexibility by uniting body and breath. intensity.

Facility Hours:

Monday-Thursday	5:00a.m. - 9:00p.m.
Friday	5:00a.m. - 8:00p.m.
Saturday	7:00a.m. - 6:00p.m.
Sunday	1:00p.m. - 6:00p.m.

The Well For Children By Church Health

Monday, Tuesday, Thursday	8:00a.m. - 1:00p.m. & 2:00p.m. - 8:00p.m.
Wednesday	8:00a.m. - 1:00p.m. & 4:00p.m. - 8:00p.m.
Friday	8:00a.m. - 1:00p.m.
Saturday	8:00a.m. - 1:00p.m.
Sunday	Closed