



# Virtual Fitness Schedule

Effective September 4, 2023

## Fitness Room II

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYATTACK</b> 5:30-6:30 am	<b>LES MILLS RPM</b> 5:30-6:20am	<b>LES MILLS BODYPUMP</b> 5:30-6:30 am	<b>LES MILLS THE TRIP</b> 5:30-6:15am	<b>LES MILLS SH'BAM</b> 5:30-6:15 am		
<b>LES MILLS BODYCOMBAT</b> 6:45-7:30 am	<b>LES MILLS BODYPUMP</b> 6:45-7:45 am	<b>LES MILLS CORE</b> 6:45-7:30 am	<b>LES MILLS BODYCOMBAT</b> 6:45-7:45 am	<b>LES MILLS BODYATTACK</b> 6:45-7:45 am	<b>LES MILLS RPM</b> 7:00-7:50am	
<b>Forever Young! Live Class</b> 8:00-9:00 am	<b>LES MILLS BODYBALANCE</b> 8:00-8:45 am	<b>Forever Young! Live Class</b> 8:00-9:00 am	<b>LES MILLS BODYBALANCE</b> 8:00-8:45am	<b>LES MILLS BODYPUMP</b> 8:00-8:45 am	<b>LES MILLS GRIT CARDIO</b> 8:00-8:30 am	
<b>LES MILLS GRIT CARDIO</b> 9:10-9:40am	<b>LES MILLS CORE</b> 9:00-9:30 am	<b>LES MILLS BODYATTACK</b> 9:10-10:10am	<b>LES MILLS CORE</b> 9:00-9:30 am	<b>LES MILLS GRIT CARDIO</b> 9:00-9:30 am	<b>LES MILLS BODYPUMP</b> 8:30-9:00 am	
<b>LES MILLS CORE</b> 9:40-10:10am	<b>LES MILLS BODYCOMBAT</b> 9:30-10:00am		<b>LES MILLS BODYCOMBAT</b> 9:30-10:00 am	<b>LES MILLS CORE</b> 9:30-10:00am	<b>LES MILLS CORE</b> 9:10-9:40 am	
<b>LES MILLS RPM</b> 10:30-11:20 am	<b>LES MILLS BODYATTACK</b> 10:30-11:30 am	<b>LES MILLS THE TRIP</b> 10:30-11:45am	<b>LES MILLS BODYPUMP</b> 10:30-11:30 am	<b>LES MILLS RPM</b> 10:30-11:20 am		
<b>LES MILLS BODYPUMP</b> 12:10-12:40pm	<b>LES MILLS BODYCOMBAT</b> 12:10-12:40pm	<b>LES MILLS CORE</b> 12:10-12:40pm	<b>LES MILLS BODYATTACK</b> 12:10-12:40pm	<b>LES MILLS SH'BAM</b> 12:10-12:40pm		
<b>LES MILLS THE TRIP</b> 1:00-1:45 pm	<b>LES MILLS BODYBALANCE</b> 1:00-1:45 pm	<b>LES MILLS RPM</b> 1:00-1:50 pm	<b>LES MILLS BODYBALANCE</b> 1:00-1:45 pm	<b>LES MILLS THE TRIP</b> 1:00-1:45 pm		
<b>LES MILLS BODYPUMP</b> 2:30-3:30 pm	<b>LES MILLS BODYCOMBAT</b> 2:30-3:30 pm	<b>LES MILLS BODYBALANCE</b> 2:30-3:30 pm	<b>LES MILLS BODYATTACK</b> 2:30-3:30 pm	<b>LES MILLS BODYCOMBAT</b> 2:30-3:30 pm		
<b>LES MILLS CORE</b> 4:00-4:45 pm	<b>LES MILLS SH'BAM</b> 4:00-4:45 pm	<b>LES MILLS BARRE</b> 4:00-4:30 pm	<b>LES MILLS SH'BAM</b> 4:00-4:45 pm	<b>LES MILLS BODYBALANCE</b> 4:00-4:45 pm		
<b>LES MILLS THE TRIP</b> 5:15-6:00 pm	<b>LES MILLS BODYPUMP</b> 5:15-6:00 pm	<b>LES MILLS CORE</b> 5:15-5:45 pm	<b>LES MILLS RPM</b> 5:00-5:30 pm	<b>LES MILLS BARRE</b> 5:30-6:00 pm		
<b>LES MILLS GRIT CARDIO</b> 6:15-6:45 pm	<b>LES MILLS BODYATTACK</b> 6:15-7:00 pm	<b>LES MILLS GRIT STRENGTH</b> 5:45-6:15 pm	<b>ROUND unplugged Live Class</b> 5:45-6:30 pm			

*Les Mills virtual workouts are pre-recorded classes that are of cinematic quality. These workouts combine world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results!*

## LES MILLS BODYPUMP

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.

## LES MILLS BODYCOMBAT™

Are you looking for an empowering workout that gets real results? If so, this is it! Our incredibly popular Les Mills BODYCOMBAT workout gets you fit, fast and strong, using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

## LES MILLS BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. This workout will challenge your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement.

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

## LES MILLS GRIT SERIES 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

## LES MILLS CORE

Focused on core conditioning, Les Mills CXWORX provides the vital ingredient for functional strength and fitness. It is the ideal way to increase core strength or build on the results you are getting from your other

## LES MILLS BODYBALANCE

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

## LES MILLS SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## LES MILLS BARRE

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, this class is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights. If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE.

## LES MILLS THE TRIP

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories.

## LES MILLS RPM

The perfect start for people new to group fitness, LES MILLS RPM is a highly motivating and often addictive cycle workout that lets you burn calories, build cardio fitness, and dial up the challenge factor to match your fitness level.

### Instructor Led Classes

#### Forever Young!

This energetic class challenges you with a variety of low impact aerobics and strength training. This class is designed for people of all ages and fitness levels. It is sure to get your heart pumping and your muscles strong and toned. **Instructor-Patti**

#### POUND unplugged

Using Ripsix, POUND Unplugged connects mind, body and sound to create an immersive, sensory experience unlike anything you've experienced in a group fitness class. This class balances focused, high intensity exercises with restorative movements, rhythmic breathing and meditation. **Instructor-Desire`**