

Group Fitness Schedule

June 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Les Mills On Demand 12 - 8 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 7:45 am
	Bootcamp - (McKayla) 5:45 - 6:30 am	Virtual: RPM 5:45-6:55 am	Bootcamp - (McKayla) 5:45 - 6:30 am	TRX Fusion - (Kerri) 5:45 - 6:30 am	Spin - (Scott) 5:45 - 6:30 am	
	Virtual: CXWORX 6:45 - 7:15 am		Virtual: CXWORX 6:45 - 7:15 am		Virtual: CXWORX 6:45 - 7:15 am	
	Virtual: BODYFLOW 7:30 - 8:30 am	Virtual: GRIT Strength 7:15 - 7:45 am	Virtual: BODYFLOW 7:30 - 8:30 am	Virtual: GRIT Strength 7:15 - 7:45 am	Virtual: BODYFLOW 7:30 - 8:30 am	
Les Mills On Demand 8 am - 2 pm		Virtual: CXWORX 8 - 8:30 am		Virtual: CXWORX 8 - 8:30 am		Cardio/Strength - (Colleen) 8 - 8:30 ???
	TRX Fusion - (Jamie) 9 - 9:45 am	Forever Active - (McKayla) 9 - 9:30 am	TRX Fusion - (Jamie) 9 - 9:45 am	Forever Active - (Kerri) 9 - 9:30 am	Virtual: BODYPUMP 9 - 10 am	Les Mills On Demand 8:30 am - 2 pm
	Virtual: BODYPUMP 10 - 11 am	Active Older Adults - (Jo) 9:40 - 10:10 am	Virtual: BODYPUMP 10 - 11 am	Virtual: GRIT Strength 9:45 - 10:15 am	Virtual: GRIT Cardio 10:15 - 10:45 am	
	Virtual: GRIT Cardio 11:15 - 11:45 am	Virtual: CXWORX 10:30 - 11 am	Virtual: GRIT Cardio 11:15 - 11:45 am	Virtual: CXWORX 10:30 - 11 am	Virtual: BODYFLOW 11 am - 12 pm	
	Les Mills On Demand 11:45 am - 3:45 pm	Flow - (Lynn) 11:30 am - 12:15 pm	Les Mills On Demand 11:45 am - 3:45 pm	Flow - (Lynn) 11:30 am - 12:15 pm	Les Mills On Demand 12 - 2 pm	
		Les Mills On Demand 12:15 - 3:45 pm	Les Mills On Demand 11:45 am - 3:45 pm	Les Mills On Demand 12:15 - 2 pm	Les Mills On Demand 12 - 2 pm	
	Les Mills On Demand 12:15 - 3:45 pm	Les Mills On Demand 11:45 am - 3:45 pm	Les Mills On Demand 12:15 - 2 pm	Les Mills On Demand 12 - 2 pm		
Les Mills On Demand 2 - 11:59 pm	Tabata - (Jamie) 4 - 4:30 pm	Trail Walk - (Jamie) 4:00 - 5:00 pm	Cardio/Strength - (Kerri) 4 - 4:45 pm			Les Mills On Demand 2 - 11:59 pm
		Les Mills On Demand 5:00 - 5:45 pm	Cardio/Strength - (Kerri) 5:15 - 5:45 pm	Les Mills On Demand 2 - 11:59 pm	Les Mills On Demand 2 - 11:59 pm	
	Les Mills On Demand 4:30 - 11:59 pm	Spin - (Mary Lou) 6 - 6:45 pm	Les Mills On Demand 5:45 - 11:59 pm			
		Les Mills On Demand 6:45 - 11:59 pm	Les Mills On Demand 5:45 - 11:59 pm			

All classes are free with membership! With COVID, classes are limited to space; first come, first serve. Please arrive early for these classes.
 *Specialty Programs are an additional cost dependent on the program. See Trainer and/or Fitness Desk for details.

Class Descriptions

LIVE CLASSES:

- Active Older Adults:** A stability class to maintain, improve balance and strength for daily activities, and to prevent falls.
- Cardio/Strength:** This class works out all areas of the body with a variety of cardio and strength exercises.
- Flow:** A motivating, yoga based, full body workout that is appropriate for most fitness levels. It improves flexibility, increases core strength, and utilizes breathing techniques to leave you centered and calm.
- Forever Active:** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.
- Spin:** This indoor and/or outdoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and with high-intensity intervals, this class will give you an amazing workout.
- Trail Walk:** A walk on the WWH Community Trail system. Speed of walk and exercise stations will be adjusted to difficulty depending on class participants. Bootcamp style class will be held inside if weather does not cooperate.
- Tabata:** This fitness class will mix your cardio and strength training for a total body workout! Tabata is a form of high-intensity physical training in which very short periods of demanding activity are alternated with shorter periods of rest.
- TRX Fusion:** A TRX focused class also using other equipment to round off every muscle both main moving and stability muscles for a complete body workout.

VIRTUAL CLASSES:

- Body Flow:** A motivating blend of yoga with Tai Chi and Pilates which improves your flexibility and increases core strength while you reduce your stress levels. You'll focus your mind and create a lasting sense of wellbeing and calm. Classes are available as 45- or 50- minute workouts.
- Body Pump:** An ideal workout for anyone looking to get lean, toned and fit – fast. This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. Classes are available as 30-, 45- or 50-minute workouts.
- CXWORX:** 30-minute core training workout that delivers quick results for all fitness levels.
- GRIT Cardio; GRIT Strength; or GRIT Athletic:** 30-minute High Intensity Interval Training (HIIT) workouts for members looking to take their fitness to the next level. Improve cardio fitness and agility, lean muscle growth, increased calorie burn and fat loss. NOTE: We recommend that GRIT (or any other HIIT classes) be taken no more than two times per week.
- RPM:** 30- or 50-minute indoor cycling class set to motivating music. Burn calories, get fit and feel euphoric.