

FEBRUARY 2025 GROUP FITNESS

Jackson

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GROUP X	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 AM BODYPUMP <i>Virtual</i>	5:15 am HP HIT <i>(additional cost)</i> <i>Name</i>	5:15 AM CX WORX <i>Virtual</i>	5:15 AM BODYPUMP <i>Virtual</i>	5:15 AM HP HIT <i>(additional cost)</i> <i>Name</i>	7:15 AM CX WORX <i>Virtual</i>
	6:20 AM SH'BAM <i>Virtual</i>	6:15 AM BODYCOMBAT <i>Virtual</i>	5:50 AM BODYFLOW <i>Virtual</i>	6:20 AM SH'BAM <i>Virtual</i>	6:15 AM CX WORX <i>Virtual</i>	8:00 AM BODYPUMP <i>Virtual</i>
	7:15 AM CX WORX <i>Virtual</i>	7:15 AM CX WORX <i>Virtual</i>	8:00 AM BODYPUMP <i>Chris</i>	7:00 AM BODYFLOW <i>Virtual</i>	7:00 AM BODYFLOW <i>Virtual</i>	9:10 AM BODYFLOW <i>Virtual</i>
	8:00 AM BODYPUMP <i>Chris</i>	8:00 AM HP HIT <i>(additional cost)</i> <i>Name</i>	11:00 AM BODYPUMP <i>Virtual</i>	8:45 AM HP HIT <i>(additional cost)</i> <i>Name</i>	8:00 AM KICKBOXING <i>Chris</i>	10:20 AM CX WORX <i>Virtual</i>
	9:15 AM CARDIO DRUMMING <i>Name</i>	9:15 AM STRENGTH/STRETCH <i>Rachel</i>	12:15 PM BODYCOMBAT <i>Virtual</i>	9:15 AM STRENGTH/STRETCH <i>Rachel</i>	9:00 AM BODYPUMP <i>Virtual</i>	12:00 PM BODYPUMP <i>Virtual</i>
	11:05 AM SH'BAM <i>Virtual</i>	10:00 AM BODYFLOW <i>Virtual</i>	5:15 PM HP HIT <i>(additional cost)</i> <i>Name</i>	1:15 PM BODYCOMBAT <i>Virtual</i>	10:05 AM SH'BAM <i>Virtual</i>	2:10 PM BODYCOMBAT <i>Virtual</i>
	12:15 PM CX WORX <i>Virtual</i>	12:15 PM SH'BAM <i>Virtual</i>	7:10 PM BODYPUMP <i>Virtual</i>	2:00 PM BODYPUMP <i>Virtual</i>	11:05 AM BODYFLOW <i>Virtual</i>	3:00 PM BODYPUMP <i>Virtual</i>
	1:15 PM BODYPUMP <i>Virtual</i>	1:15 PM BODYCOMBAT <i>Virtual</i>	8:30 PM BODYCOMBAT <i>Virtual</i>	5:15 PM HP HIT <i>(additional cost)</i> <i>Name</i>	12:15 PM BODYPUMP <i>Virtual</i>	SUNDAY VIRTUAL CLASSES
	5:15 PM HP HIT <i>(additional cost)</i> <i>Name</i>	2:15 PM SH'BAM <i>Virtual</i>		5:10 PM BODYPUMP <i>Jennifer</i>	3:05 PM BODYPUMP <i>Virtual</i>	12:15 PM BODYCOMBAT
	7:10 PM BODYPUMP <i>Virtual</i>	5:10 PM BODYPUMP <i>Jennifer</i>		6:15 PM SH'BAM <i>Virtual</i>	4:15 PM BODYPUMP <i>Jennifer</i>	1:20 PM CX WORX
	8:05 PM BODYFLOW <i>Virtual</i>	7:10 PM SH'BAM <i>Virtual</i>		7:15 PM BODYFLOW <i>Virtual</i>	5:20 PM SH'BAM <i>Virtual</i>	2:00 PM SH'BAM
				6:15 PM BODYFLOW <i>Virtual</i>	2:50 PM BODYPUMP	
					4:00 PM BODYFLOW	

MULTI-PURPOSE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	8:00 AM BARRE <i>Allyson</i>	8:00 AM YOGA PLUS <i>Grace</i>	8:00 AM RESTORATIVE YOGA <i>Grace</i>	8:00 AM GENTLE YOGA <i>Jen</i>	8:00 AM BARRE <i>Allyson</i>		
	5:00 PM BARRE		9:15 AM YOGA STRETCH <i>Grace</i>				
CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	5:15 PM Cycling <i>Shannon</i>						

PROGRAM DESCRIPTIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>BARRE: This class focuses on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes and abdominals. (##m)</p> <p>CARDIO DRUMMING: This class combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. (##M)</p> <p>CX WORX: Based on scientific research, this class focuses on training muscles in the same way they are used. (##m)</p> <p>BODYCOMBAT: a high-energy martial arts-inspired workout that is totally non-contact. (##M)</p> <p>BODYFLOW: A motivating blend of yoga, tai chi and Pilates. (##M)</p> <p>BODYPUMP: The original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for -- and fast! All levels (55m)</p> <p>GENTLE YOGA: Slow-paced yoga with held postures for relaxation, stretching and mobility. (##m)</p> <p>HP HIT: High Intensity Workout lead by a trainer. There is an additional cost for this class that can be paid per class or monthly. (##m)</p>					

RESTORATIVE YOGA: This yoga class uses props and long hold times to open the body in a more passive way. (##m)

Cycling: he 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 the hills, flats, mountain peaks, time trials & intervals. Sweat and burn to reach your endorphin high. All levels (30m)

STRENGTH/STRETCH: This gentle class focuses on increasing strength, flexibility and range of motion. Suitable for all fitness levels. (30m)

SH'BAM: Simple and fun dance workout. (60m)

YOGA: Foundational yoga postures to align, strengthen and promote flexibility in the body. Modifications given for all levels. (60m)

YOGA STRETCH: Simple yoga poses designed for all fitness levels. (##m)

YOGA PLUS: Upbeat yoga with core emphasis and relaxation. (##m)

NOTE: LES MILLS Virtual On Demand workouts available when LIVE classes are not scheduled. Use the iPad in the studio to select from: BODYPUMP, BODYBALANCE and CORE. THE TRIP, RPM and SPRINT are available in the Cycle Studio.