

TSC Schedule Effective 4/29/19

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|--|
| 5:15-6:00am SPIN 45 Wilston | 5:15-5:45am SPIN 30 Nicole | 5:00-5:30AM LES MILLS <i>sprint</i> Catherine | 5:00-5:30am SPIN 30 Jody | 5:15am Cardio-Strength Nicole (Hi-Low Impact) | 7:30-8:00AM LES MILLS CXWORX Kimarie | |
| 6:00-6:45AM LES MILLS BODYPUMP Michelle (45 Min Format) | 5:50-6:20AM LES MILLS CXWORX Nicole | 5:30am YOGA* Jessica | 5:35-6:30AM LES MILLS BODYPUMP Jody | 6:15am-7:00am SPIN 45 Nicole | 8:05-8:50am SPIN 45 Marta | 8:00-8:45am SPIN 45 Jody |
| | | 6:30-7:15am SPIN 45 Marta | | | 8:05am Cardio-Strength Karen D. (Low Impact) | 9:00-9:55AM LES MILLS BODYPUMP Jody |
| 8:45-9:30am SPIN 45 Rachel | 9:00-9:30AM Spin 30 Laura | 8:30am Cardio-Strength Lani (Low Impact) | 8:45-9:30am SPIN 45 Judy | 8:30-9:00am SPIN 30 Andrea | 9:05-9:50am Cardio Kick-Boxing Kate S. | 10:05am BARRE-Strength Marta V. |
| 9:35am BARRE-Strength Rachel | 9:35-10:05AM Core Strength Laura | 9:30am ZUMBA Lani | 9:35am Pilates Judy | 9:05-10:00AM LES MILLS BODYPUMP Andrea | 9:15-9:45am LES MILLS <i>sprint</i> Catherine/Marta | 11:05am YOGA* Amber |
| | | | | 10:05am Zumba Jeannette | 10:00-10:55am LES MILLS BODYPUMP Megan | |
| 4:30pm YOGA* Jessica | 4:30-5:25PM LES MILLS BODYPUMP Michelle | 4:30pm YOGA* Jessica | 4:30-5:00PM LES MILLS CXWORX Nicole | | | |
| | 5:30-6:00pm LES MILLS <i>sprint</i> Catherine/Tony | | 5:00-5:30PM LES MILLS <i>sprint</i> Nicole | | | Sign-up sheets for classes are located at the front desk and are out 30 min prior to start |
| 5:30pm Cardio-Strength Kate S. (Hi-Low Impact) | 5:30pm ZUMBA Darian | 5:30-6:15pm Cardio Kick-Boxing Nicole | 5:35-6:30PM LES MILLS BODYPUMP Nicole | | Les Mills Classes are all Low Impact classes. Even in high-low impact modifications are offered. | *Bring Yoga mat for Yoga and Stretch classes |
| 5:45-6:30pm SPIN 45 Jody | 6:15-7:00pm Spin 45 Catherine | 5:30-6:15pm SPIN 45 Wilston | | | Body Pump and CXWORX classes located in Group Ex Room. | Sprint Classes located in the Spin Room |
| 6:35-7:30PM LES MILLS BODYPUMP Jody | 6:30pm Cardio-Strength Karen D. (Low Impact) | 6:15-6:45PM LES MILLS CXWORX Nicole | | Schedule Effective 4/29/2019 | Schedule is always subject to change. | Classes not specified are 55 min in length. |

Group Ex Coordinator Nicole Fields
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Barre-Strength-Classes include components of Pilates, yoga, and ballet; utilizing the ballet bar participants use their own body weight to achieve long, lean muscles. Variations of exercises will be done on the floor using weights, balls, disks, and resistance bands. *Class may be done with or without shoes. (Low impact)

Cardio-Strength- Work your muscles in every way possible. This class is designed to build strength, add definition and increase bone density. You will use hand weights, body bars and body weight to change the shape of your body. Instructors Choice!!! (Both High impact and High-Low Impact Classes offered)

Spin-Indoor cycling class that will help you burn calories and tone your muscles through warm up, up-tempo cadence, sprints, climbs, and cool down. *Classes vary in length from 30 to 45 min. Get ready to sweat! (Low Impact)

Cardio Kick Boxing-A cardio work out which combines elements of boxing and mixed martial arts to burn fat, improve balance, and coordination. (High Impact class. Modifications offered where needed)

Zumba- A low-impact, high octane fat burning workout that combines Latin inspired dance moves with Latin and International music to dance your way to fitness. It's fun and effective! (Low Impact)

Yoga-A Vinyassa style flow class, linking breath with movement with a strong focus on alignment to create strength, balance, and flexibility. *MUST BRING YOUR OWN YOGA MAT.

Stretch-Much like Yoga we will link breath with movement as we settle into static stretches to create flexible, strong, healthy muscles as well as build an improved range of motion.

Pilates-This class emphasizes the balanced development of your body through core strength, flexibility, and body awareness. *MUST BRING YOUR OWN YOGA MAT

Core Strength-This class is designed to strengthen your core as well as improve posture using functional core training moves. (Low impact)

LES MILLS **BODYPUMP** (Low Impact)

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles. After an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class.

LES MILLS **CXWORX** (Low Impact)

CXWORX is the intensely challenging 30 minute core workout that gets you results where it counts the most.

(In this class we use a mat, weight plate, resistance band, and body weight) *Yoga mat recommended

LES MILLS **sprint** (Low Impact)

Is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

The short duration of a LES MILLS SPRINT™ workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.