

# TSC Schedule Effective 8/12/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00am <b>SPIN 45</b> Wilston	5:15-5:45am <b>SPIN 30</b> Nicole	5:00-5:30AM <b>LES MILLS</b> <i>sprint</i> Catherine	5:00-5:30am <b>SPIN 30</b> Jody	5:15am <b>Cardio-Strength</b> Nicole (Hi-Low Impact)	7:30-8:00AM <b>LES MILLS</b> <b>CXWORX</b> Kimarie/Heather	
6:00-6:55AM <b>LES MILLS</b> <b>BODYPUMP</b> Nicole	5:50-6:20AM <b>LES MILLS</b> <b>CXWORX</b> Nicole	5:30am <b>YOGA*</b> Jessica	5:35-6:30AM <b>LES MILLS</b> <b>BODYPUMP</b> Jody		8:05-8:50am <b>SPIN 45</b> Marta	8:00-8:45am <b>SPIN 45</b> Jody
		6:30-7:15am <b>SPIN 45</b> Marta		6:15am-7:00am <b>SPIN 45</b> Nicole	8:05am <b>Cardio-Strength</b> Karen D. (Low Impact)	9:00-9:55AM <b>LES MILLS</b> <b>BODYPUMP</b> Jody
8:45-9:30am <b>SPIN 45</b> Rachel	9:00-9:30AM <b>Spin 30</b> Laura	8:30am <b>Cardio-Strength</b> Lani (Low Impact)	8:45-9:30am <b>SPIN 45</b> Judy	8:30-9:00am <b>SPIN 30</b> Andrea	9:05-9:50am <b>Cardio</b> <b>Kick-Boxing</b> Nicole	10:05am <b>BARRE-Strength</b> Amber
9:35am <b>BARRE-Strength</b> Rachel	9:35-10:05AM <b>Core Strength</b> Laura	9:30am <b>ZUMBA</b> Lani	9:35am <b>Pilates</b> Judy	9:05-10:00AM <b>LES MILLS</b> <b>BODYPUMP</b> Andrea	9:15-9:45am <b>LES MILLS</b> <i>sprint</i> Marta	11:05am <b>YOGA*</b> Amber
				10:05am <b>Zumba</b> Jeannette	10:00-10:55am <b>LES MILLS</b> <b>BODYPUMP</b> Megan	
4:30pm <b>YOGA*</b> Jessica	4:30-5:25PM <b>LES MILLS</b> <b>BODYPUMP</b> Michelle	4:30pm <b>YOGA*</b> Jessica	4:30-5:00PM <b>LES MILLS</b> <b>CXWORX</b> Catherine			
	5:30-6:00pm <b>LES MILLS</b> <i>sprint</i> Catherine/Tony		5:00-5:30PM <b>LES MILLS</b> <i>sprint</i> Catherine			Sign-up sheets for classes are located at the front desk and are out 30 min prior to start
5:45-6:30pm <b>Cardio-Strength</b> Marta (Hi-Low Impact)	5:30pm <b>ZUMBA</b> Darian	5:30-6:15pm <b>Cardio</b> <b>Kick-Boxing</b> Nicole	5:35-6:30PM <b>LES MILLS</b> <b>BODYPUMP</b> Michelle		<b>Les Mills Classes are all Low Impact classes. Even in high-low impact modifications are offered.</b>	<b>*Bring Yoga mat for Yoga and Stretch classes</b>
5:45-6:30pm <b>SPIN 45</b> Jody	6:15-7:00pm <b>Spin 45</b> Catherine	5:30-6:15pm <b>SPIN 45</b> Wilston			<b>Body Pump and CXWORX classes located in Group Ex Room.</b>	<b>Sprint Classes located in the Spin Room</b>
6:35-7:30PM <b>LES MILLS</b> <b>BODYPUMP</b> Jody	6:30pm <b>Cardio-Strength</b> Karen D. (Low Impact)	6:15-6:45PM <b>LES MILLS</b> <b>CXWORX</b> Nicole		Schedule Effective 8/12/2019	<b>Schedule is always subject to change.</b>	<b>Classes not specified are 55 min in length.</b>

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.