

Winter 2023 GX Schedule

Studio One								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	8:00	LES MILLS BODYSTEP	LES MILLS BODYATTACK
8:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	9:15		LES MILLS BODYPUMP
9:30	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	9:30	LES MILLS BODYCOMBAT	
12:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS GRIT STRENGTH	10:30	ZUMBA	
4:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP				
5:15	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP				
6:30	LES MILLS GRIT ATHLETIC	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP				
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LES MILLS BODYSTEP			8:00	LES MILLS BODYPUMP	
6:15		LES MILLS CORE		LES MILLS CORE				
8:15	LES MILLS tone		LES MILLS tone		LES MILLS tone			
8:45		LES MILLS CORE		LES MILLS CORE				
9:30	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK		LES MILLS BODYCOMBAT	LES MILLS BODYSTEP			
10:45		Tai Chi		Tai Chi				
5:15	LES MILLS BODYATTACK	LES MILLS CORE	LES MILLS BODYPUMP					
6:30	ZUMBA		ZUMBA					
Cycle Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM	LES MILLS sprint	8:00	LES MILLS sprint	LES MILLS RPM
6:45		LES MILLS sprint		LES MILLS sprint		8:45	LES MILLS RPM	
7:15	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			
9:30	LES MILLS CORE	LES MILLS RPM		LES MILLS RPM	LES MILLS CORE			
10:00	LES MILLS sprint				LES MILLS sprint			
4:15					LES MILLS RPM			
5:15	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint				
Mindbody Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00					LES MILLS BODYBALANCE			
8:15		Pilates		Pilates		8:00	Pilates	
9:30	Barre		Barre		Barre	9:15	LES MILLS BODYBALANCE	
10:45	Vinyasa Yoga		Stretch, Strength & Restore Yoga		Vinyasa Yoga	9:30		Yin Yoga
4:15	Power Yoga 30 min	Barre 30 min		Int Power Pilates 45 min				
5:30	Fusion Yoga	LES MILLS BODYBALANCE	Basic Yoga Flow					
6:00				Yin-Yasa Yoga				
6:30		Pilates						

Schedule Runs January 9th - February 15th, 2023

BASIC YOGA FLOW: Provides poses that range from gentle to challenging, but are completed with stable, self-centering energy. The pace of these classes is slower with the emphasis placed on safe alignment and maintaining a balance of slow breathing.

BARRE: Blends traditional Pilates movement principles with low-impact, isometric strength training. High reps of small range-of-motion movements will give you sculpted arms, toned legs, a lifted seat and strong abdominals. You will receive a full-body workout with muscle-shaping interval training exercises that elevate your heart rate and reshape your body.

BODYATTACK: 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. Instructors will pump out energizing tunes and lead you through the workout – challenging your limits in a good way and leaving you with a sense of achievement.

BODYCOMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness. No experience needed. Learn moves from Karate, Tae kwondo, Boxing, Muay Thai, Capoeira and Kung Fu. You'll release stress, have a blast and feel like a champ.

BODYBALANCE: Ideal for anyone and everyone, BODYBALANCE® is the yoga-based class that embraces elements of Tai Chi and Pilates that will improve your mind, your body and your life. During BODYBALANCE® an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

BODYPUMP: is the original barbell class. BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. BODYPUMP is available as either a 55 or 45-minute workout. Powered by science – using THE REP EFFECT formula of light weights and high repetitions, BODYPUMP develops lean, athletic muscle, aids metabolism and improves body composition.

BODYSTEP: Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns, combined with burpees, push ups and weight plate exercises. The result is a fun, uplifting, full-body workout that will leave you buzzing with satisfaction!

FUSION YOGA: This class is a gentle blend of Hatha and Vinyasa yoga styles. Hatha yoga is often slower moving than vinyasa, holding each posture longer so that it becomes a pose of meditation. During a Vinyasa practice, each posture is connected with inhalation and exhalation of breath and a vinyasa sequence to transition throughout the practice. With a graceful fusion of both styles, we are able to move through our asana practice with mindful intention, face any challenges with focus and a calm mind and lead with our heart as we create a conscious connection between our mind, body, and spirit.

INT POWER PILATES: This 45-minute Intermediate Power Pilates class is an invigorating workout that incorporates strength, stretch, stamina and stability. This class embraces the classic principles of Pilates and will connect how you feel to with your mind and body.

LES MILLS CORE: Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness.

LES MILLS GRIT ATHLETIC: is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

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 Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS SPRINT: is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, combines bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

LES MILLS TONE: is a mix of cardio, resistance and core while playing with different training concepts to ensure everyone gets the best results from their workouts. If you want the optimal mix of strength, cardio and core training this is it. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

PILATES: The original Core workout: Pilates mat class. Strengthen your core muscles with body weight resisted movements. Develop longer leaner muscles, blending strength and flexibility. Some classes use Pilates mat equipment. Come join us for a challenging total body workout.

POWER YOGA: A more challenging 30-minute vinyasa-flow style class that incorporates all of the traditional yoga postures into a sequential flow of poses that will leave you feeling a little sweaty but also clear in body, mind, and spirit. This is a great cross-training class for athletes. All levels are welcome.

RPM: is a group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

STRETCH, STRENGTH & RESTORE YOGA: Enjoy and enhance your yoga practice in a safe and supportive class that focuses on alignment while using props (yoga belts, blocks, chairs, bolsters). Whether you are a beginner, more experienced, or have physical limitations/injuries, this class will help you build strength, stability, and flexibility. Breathing techniques (pranayama) and relaxation will also be emphasized to help quiet the mind and restore equanimity to the body.

TAI CHI: Exercise used for stress reduction & a variety of other health conditions. Often described as meditation in motion, it promotes serenity through gentle, flowing movements.

VINYASA YOGA: In vinyasa yoga classes, students coordinate movement with breath to flow from one pose to the next.

YINYASA YOGA: A powerful pairing of two different disciplines, Yinyasa combines the Yin style of long-held passive poses with the dynamic, yang style of Vinyasa. Traditionally, this class incorporates the long held poses of Yin to open the body to more flexibility and energy flow then the class will move into a flow to strengthen and invigorate the body and mind.

YIN YOGA: Recharge your batteries with this simple yet powerful practice of Yin yoga! It's a combination of seated and laying down held postures. This style of yoga targets the deep connective tissues of the body and the fascia that covers the body. This practice will bring you peace, better sleep, and a sense of well-being. All levels are welcome

ZUMBA: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.