

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	
8:15 AM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS RPM
9:05 AM	LES MILLS CXWORX		LES MILLS CXWORX		LES MILLS CXWORX	9:15 AM LES MILLS BODYPUMP
9:30 AM		Drums Alive®		Drums Alive®		
9:45 AM	Senior Strength  Yoga		Senior Strength  Yoga		Senior Strength  Yoga	
12:10 PM	LES MILLS BODYPUMP >>> EXPRESS	YOGA	LES MILLS BODYPUMP >>> EXPRESS	YOGA		
4:30 PM	LES MILLS BODYPUMP		LES MILLS BODYPUMP			
5:30 PM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP		
	LES MILLS CXWORX		LES MILLS CXWORX			
6:30 PM		BOOT_CAMP		BOOT_CAMP		



POOL HOURS

MON - THU	5:00AM - 8:00PM
FRI	5:00AM - 7:30PM
SAT	9:00AM - 4:30PM
SUN	1:00PM - 5:30PM

KIDWORKS HOURS

MON - THU	8:00AM - 2:00PM 3:00PM - 8:00PM
FRI	8:00AM - 2:00PM 3:00PM - 6:00PM
SATURDAY:	8:00AM - 1:00PM

FACILITY HOURS

MON - THU	5:00AM - 10:00PM
FRI	5:00AM - 8:00PM
SAT	8:00AM - 5:00PM
SUN	1:00PM - 6:00PM

CLASS DESCRIPTIONS

LES MILLS BODYPUMP

The original Les Mills barbell class will sculpt, tone and strengthen your entire body, fast! In a typical class you will work all of your major muscle groups using exercises like squats, presses, lifts and curls. Great music, awesome Instructors and your choice of weight!

LES MILLS BODYPUMP >> EXPRESS

The 40 minute express class of the original barbell class above.

LES MILLS RPM

The indoor cycling workout where you ride to the rhythm of powerful music while your Instructor leads you through hills, flats, mountains and interval training. Sweat, burn up to 620 calories, and reach your endorphin high in a typical 50 minute class. The first Saturday of each month is an extended 60 minute ride!

LES MILLS CXWORX

This 30 minute class is the ultimate way to get a tight and toned core. Dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body. Look great, feel strong!



Improve health, athletic performance, mental acuity and overall fitness. A typical YOGA class blends balance, strength, flexibility and core strength in a low impact, member friendly fitness format. Express classes are 40 minutes long, offered on Tuesday and Thursday at noon.



This unique fitness/wellness program extravaganza for seniors and baby boomers designed to burn calories, improve physical and mental fitness and above all, have FUN!



Challenge yourself with this 25 minute workout designed for "seniors and baby boomers". Light to moderate weights, balls and bands are used to strengthen and tone your entire body. Followed immediately by 30-35 minutes of chair YOGA to improve strength, balance, flexibility and clarity of mind.