

# Group Exercise Schedule

EFFECTIVE: DECEMBER 1, 2018



## Monday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling - CS	Mike
5:15 - 5:45	*QuickShots	Brooke/Melissa
6:00 - 6:50	Sculpt	Laura
8:15 - 9:00	P90X	Susan
8:15 - 9:05	Group Cycling - CS	Ashley
9:00 - 10:00	AquaFit - Pool	Hannah
9:05 - 10:00	Barre	Sarah
10:05 - 11:00	Pilates	Julia
11:05 - 12:15	Yoga (Vinyasa Flow)	Sherri
Time (p.m.)		
12:20 - 1:20	Tai Chi	Ileina
1:30 - 2:15	Cardio Dance 101	Sheffield
4:30 - 5:20	Insanity	Eddie
5:30 - 6:15	Sculpt	Sheffield
6:20 - 7:05	Group Cycling - CS	Aimee

## Tuesday

Time (a.m.)	Class	Instructor
5:15 - 6:05	Insanity	Ali
5:45 - 6:30	Group Cycling - CS	Simon
6:15 - 7:00	Pi/Yo	Trish
8:15 - 9:05	Group Cycling - CS	Aimee
8:15 - 9:10	Barre	Ashley B.
9:00 - 10:00	AquaFit - Pool	Anna
9:15 - 10:10	CardioSculpt	Amy
10:15 - 11:05	Sculpt 101	Anna
11:30 - 12:30	Yoga (Yin)	Julia
Time (p.m.)		
5:30 - 6:30	TBC	Ronnie
5:45 - 6:35	Group Cycling - CS	Bob
6:45 - 7:45	Yoga (Vinyasa Flow)	Matthew

## Wednesday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling - CS	David
5:30 - 6:20	Barre	Susan G.
6:30 - 7:15	Stretch	Robbin
8:15 - 9:00	Sculpt	Sheffield
9:05 - 9:55	Group Cycling - CS	Sheffield
9:00 - 10:00	AquaFit - Pool	Linda
9:05 - 10:00	Barre	Ashley B.
10:05 - 11:00	Pilates	Jackie
11:00 - 12:00	*SUP Yoga	Joann
11:05 - 12:15	Yoga (Vinyasa Flow)	Susan C.
Time (p.m.)		
1:30 - 2:15	Cardio Dance 101	Deedee
4:30 - 5:10	Core7	Jermaine
5:30 - 6:25	Sculpt	Ronnie
6:20 - 7:05	Group Cycling - CS	Nancy
6:30 - 7:00	*QuickShots	Brooke

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## Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:10	<b>P90X</b>	Susan G.
5:45 - 6:30	<b>Group Cycling - CS</b>	Simon
6:15 - 7:00	<b>Pi/Yo</b>	Trish
8:15 - 9:05	<b>Group Cycling - CS</b>	Ashley
8:15 - 9:10	<b>Barre</b>	Ashley B.
9:00 - 10:00	<b>AquaFit - Pool</b>	Lindsay
9:10 - 10:05	<b>CardioSculpt</b>	Hannah
10:15 - 11:05	<b>Sculpt 101</b>	Hannah
11:30 - 12:30	<b>Yoga (Yin)</b>	Tanisha
Time (p.m.)	Class	Instructor
12:40 - 1:40	<b>Tai Chi</b>	Ileina
4:30 - 5:20	<b>Insanity</b>	McKenzie
5:45 - 6:35	<b>Group Cycling - CS</b>	Bob
6:45 - 7:45	<b>Yoga (Vinyasa Flow)</b>	Martha

## Friday

Time (a.m.)	Class	Instructor
5:10 - 6:00	<b>Group Cycling - CS</b>	Ian
5:15 - 5:45	<b>*QuickShots</b>	Brooke/Melissa
6:00 - 6:50	<b>Sculpt</b>	Robbin
8:15 - 9:05	<b>Group Cycling - CS</b>	Lisa
8:15 - 9:10	<b>Barre</b>	Sarah
9:00 - 10:00	<b>AquaFit - Pool</b>	Anna
9:15 - 10:00	<b>Sculpt</b>	Lisa
10:05 - 11:00	<b>Zumba</b>	Lindsey
10:15 - 10:40	<b>Foundation Training - CS</b>	Lisa
11:05 - 12:05	<b>Yoga (Vinyasa Flow)</b>	Julia
Time (p.m.)	Class	Instructor
6:30 - 7:30	<b>Yoga (Yin) Sip and Stretch</b>	Martha

## Saturday

Time (a.m.)	Class	Instructor
8:15 - 9:10	<b>Barre</b>	Danielle
8:30 - 9:20	<b>Group Cycling - CS</b>	Martha
9:00 - 10:00	<b>AquaFit - Pool</b>	Trish
9:15 - 10:05	<b>Insanity</b>	Eddie
10:30 - 11:40	<b>Yoga (Vinyasa Flow)</b>	Savannah
Time (p.m.)	Class	Instructor
1:00 - 1:50	<b>P90X</b>	Eddie
2:30 - 3:20	<b>Group Cycling - CS</b>	David
4:00 - 4:30	<b>*QuickShots</b>	Delana
4:45 - 5:45	<b>Yoga (Vinyasa Flow)</b>	Matthew

## Sunday

### CS - Cycling Studio

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of eight participants to remain on the schedule. Each class must have at least three participants to be conducted.

\*Register on the app, at [lrac.com](http://lrac.com) or at a desk.

# Group Exercise Classes

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **Barre**

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

## **Cardio Dance 101**

Join us for low impact dance movement with strength intervals. Music from the 50's, 60's, 70's and 80's.

## **CardioSculpt**

This class combines resistance training with intervals for cardio conditioning.

## **Core7**

Work your abs, lower back, glutes, quads and hamstrings with targeted work and minimal rest. Three rounds of 7 exercises.

## **Foundation Training**

The back exercises performed in this class come directly from the book **Foundation Training** co-authored by Eric Goodman, and Peter Park. The goal of the class is to strengthen the "posterior chain" of muscles that support the spine. Check out this 25 minute class to help improve posture and back pain.

## **Group Cycling**

A cardiovascular workout on a stationary bike set to music in our new cycling studio. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level. Our Keiser bikes are compatible with Shimano SPD cleats or you may wear tennis shoes.

## **Insanity**

This is not your traditional interval workout. *INSANITY* uses maximum intensity exercise, trading intervals of work with periods of rest. Participants of all fitness levels will do cardio and plyometric drills with intervals of strength, power, resistance and core training.

## **Pi/Yo**

This class combines the benefits of Pilates and yoga into one class. All fitness levels are welcome.

## **Pilates**

Pilates combines stretching and strengthening moves that build core strength, improve posture and increase flexibility.

## **P90X**

A total-body, cardio, and strength training class that uses body weight plus dumbbells, bars, weight plates, and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities. Join a community where there's friendly competition, encouragement, and personal fitness breakthroughs

## **QuickShots**

High-intensity resistance training program that takes participants through one big muscle lovin' journey, targeting both big and smaller accessory muscles from head to toe every week in an efficient, 30-minute format. Each "shot" is unique and focused on upper body, lower body or core.

## **Sculpt**

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

## **Tai Chi**

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition

## **Total Body Conditioning (TBC)**

A high intensity circuit class which combines cardiovascular conditioning and strength training.

## **Sculpt 101**

In Sculpt 101, we dial back the complexity of the exercises. Attendees will use hand weights, medicine balls, body bars, etc. for resistance but muscle groups will be worked individually as opposed to more advanced "compound" exercises. This class is perfect for people new to weight lifting, recuperating from injury or those who are "balance challenged."

## **Stretch**

Increase your flexibility and relax in this class.

## **SUP Fusion**

This 45 min class is a strength-based floating class designed to challenge your physical body and mind. Test your limits and challenge your fitness ability with advanced variations to build stamina and strength.

## **SUP Yoga**

A 60 minute class for beginners to advanced. Experience the ultimate way to evolve or begin your practice floating on water. The instability of the board in the water helps build a strong challenging practice.

## **Yoga - Vinyasa Flow**

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

## **Yoga - Yin**

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and thoracic spine to allow for stability in the low back and knees. Postures take place on the floor in a non-weight bearing manner and are held for longer periods of time to lengthen and strengthen connective tissues, restore energy, calm the nervous system and help in injury prevention and joint health.

## **Zumba**

This class fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that's fun and easy to do. The routines feature interval training sessions where varying rhythms are combined to tone and sculpt your body plus burn fat. Add some Latin flavor and international zest into the mix and you have ZUMBA!