

Group Exercise Schedule

EFFECTIVE: SEPTEMBER 1, 2019



Monday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling - CS	Mike
5:15 - 5:45	Burn 30	Dani
6:00 - 6:50	Sculpt	Laura
8:15 - 9:00	P90X	Susan
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
6:30 - 7:30	Yoga (Vinyasa Flow)	Monique

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	CardioSculpt	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.
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
Time (p.m.)		
12:20 - 1:20	Yoga (Yin)	Tanisha
1:30 - 2:15	Cardio Dance 101	Evelyn
4:30 - 5:10	Core7	Mollie
5:30 - 6:25	Sculpt	Ronnie
6:20 - 7:05	Group Cycling - CS	Nancy
6:30 - 7:30	Yoga (Vinyasa Flow)	Vesper

Group Exercise Schedule

EFFECTIVE: SEPTEMBER 1, 2019



Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:10	P90X	Susan G.
5:45 - 6:30	Group Cycling - CS	Simon
6:15 - 7:00	Pi/Yo	Trish
8:15 - 9:10	Barre	Ashley B.
9:00 - 10:00	AquaFit - Pool	Destanee
9:15 - 10:10	CardioSculpt	Hannah
10:15 - 11:05	Sculpt 101	Hannah
11:30 - 12:30	Yoga (Yin)	Vesper
Time (p.m.)		
4:30 - 5:20	P90X	Eddie
5:30 - 6:30	Pilates	Kristi
5:45 - 6:35	Group Cycling - CS	Bob
6:45 - 7:45	Yoga (Restorative)	Savanna

Friday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling - CS	Ian
5:15 - 5:45	Burn 30	Mallory
6:00 - 6:50	Sculpt	Mollie
8:15 - 9:05	Group Cycling - CS	Lisa
8:15 - 9:10	Barre	Sarah
9:00 - 10:00	AquaFit - Pool	Anna
9:15 - 10:00	Sculpt	Lisa
10:15 - 10:40	Foundation Training	Lisa
11:05 - 12:05	Yoga (Vinyasa Flow)	Melinda
Time (p.m.)		
6:30 - 7:30	Yoga (Yin) Sip and Stretch	Martha

Saturday

Time (a.m.)	Class	Instructor
8:15 - 9:10	Barre	Danielle
8:30 - 9:20	Group Cycling - CS	Martha
9:00 - 10:00	AquaFit - Pool	Trish
9:15 - 10:05	Insanity	Eddie
10:30 - 11:45	Yoga (Vinyasa Flow)	Savanna

Sunday

Time (p.m.)	Class	Instructor
1:00 - 1:50	P90X	Eddie
2:30 - 3:20	Group Cycling - CS	David
3:45 - 4:15	*QuickShots	Delana
4:45 - 5:45	Yoga (Vinyasa Flow)	Matthew

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 lrrfc.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.

Burn30

These circuit-based routines are designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. Come sweat and test your cardio and strength with us.

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

Foundation Training's easy to learn exercises, strengthen the back, improve posture and mobility. Improved movement patterns are a direct benefit of practicing foundation training.

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

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."

Yoga - Restorative

Restorative is intended to move you through a gentle series of movement guided by your breath, gentle vinyasa flow, for 20-30 minutes. The remainder of class will be poses with longer holds intended to unwind your mind and body. This class is intended for you to let go and unwind through your breath work, gentle movement, and longer holds on poses that open the body.

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 fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor into the mix and you've got ZUMBA!