

Group Exercise Schedule

EFFECTIVE: MARCH 10, 2020



Monday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling - CS	Mike
5:15 - 5:55	Burn 30 Plus	Dani
5:30 - 6:30	FoxFit - BC	Amy
6:00 - 6:50	Sculpt	Laura
8:15 - 9:00	Lift	Susan
9:00 - 9:50	Group Cycling - CS	Bob
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.)		
1:30 - 2:15	Cardio Dance 101	Sheffield
4:30 - 5:20	Shift	Eddie
5:30 - 6:15	Sculpt	Sheffield
5:30 - 6:30	FoxFit - BC	Amy
6:00 - 6:50	Group Cycling - CS	Aimee
6:30 - 7:30	Yoga (Vinyasa Flow)	Monique

Tuesday

Time (a.m.)	Class	Instructor
5:15 - 6:05	Shift	Ali
5:30 - 6:30	FoxFit - BC	Jennifer H.
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	Lift	Amy
10:15 - 11:05	Sculpt 101	Anna
11:30 - 12:30	Yoga (Yin)	Julia
Time (p.m.)		
4:30 - 5:15	Power Push Perform	Jake
5:30 - 6:15	Rep 7	Ronnie
5:30 - 6:30	FoxFit - BC	Jennifer H.
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.
5:30 - 6:30	FoxFit - BC	Amy
8:15 - 9:00	Sculpt	Sheffield
9:00 - 9:50	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	Ronnie
5:30 - 6:25	Sculpt	Mollie
5:30 - 6:30	FoxFit - BC	Amy
6:00 - 6:50	Group Cycling - CS	Nancy
6:30 - 7:30	Yoga (Vinyasa Flow)	Vesper

BC - Basketball Court, CS - Cycling Studio

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Time (a.m.)	Class	Instructor
5:15 - 6:10	Lift	Susan G.
5:30 - 6:30	FoxFit - BC	Amy
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	Kristyn
9:15 - 10:10	CardioSculpt	Hannah
10:15 - 11:05	Sculpt 101	Hannah
11:30 - 12:30	Yoga (Yin)	Vesper
12:35 - 1:20	Power Push Perform	Jake
Time (p.m.)		
4:30 - 5:20	Lift	Eddie
5:30 - 6:25	Barre	Ashley B.
5:30 - 6:30	FoxFit - BC	Jennifer H.
5:45 - 6:35	Group Cycling - CS	Bob
6:45 - 7:45	Yoga (Yin)	Shannon

Friday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling - CS	Ian
5:15 - 5:55	Burn 30 Plus	Mallory
5:30 - 6:30	FoxFit - BC	Amy
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.)		
4:30 - 5:15	Power Push Perform	Jake
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
9:30 - 9:00	FoxFit Lifting - BC	Michael
9:00 - 10:00	AquaFit - Pool	Trish
9:00 - 10:00	FoxFit - BC	Michael
9:15 - 10:05	Shift	Eddie

Sunday

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

BC - Basketball Court, CS - Cycling Studio

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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.

Burn 30 Plus

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 for 40 minutes.

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.

FoxFit

FoxFit is a fitness program that combines a wide variety of functional movements and skills to a timed or scored workout. It is appropriate for any skill level, as all workouts are scaleable.

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.

Lift

Lift utilizes weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe and progressive movements ensure no fitness level is left behind.

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.

Power Push Perform

Centered around body weight and functional movement patterns, P3 aims to develop cardio and strength while exploring the boundaries of one's mobility and endurance. Every press, every pull, every hold is broken down to the finest details to squeeze the sweat out of every last rep. Learn when to whisper and when to scream at the body.

Rep 7

This high intensity 45 minute class will repeat three rounds of seven exercises for maximum sweat with minimal rest using bands, weights, balls, and body weight to push you through a total body workout.

Sculpt

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

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."

Shift

You'll torch up to 500 calories in as little as 30 minutes in this interval based class. You'll improve your fitness, strength, mobility, balance, speed and agility (and your abs... if that's what you're after).

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!