

LES MILLS

CLASSES

- BP - Bodypump**
- BS - Bodystep**
- BC - Bodycombat**
- BB - BodyBalance**
- BA - BodyAttack**
- SS - Silver Sneakers**
- RPM - Cycling**
- Sprint - HIT Training**
- Zumba - Dancing**
- SHRED- HIT Training**



VIRTUAL CLASSES

ARE NOW AVAILABLE!

CHECK OUT OUR WEBSITE

OR FACEBOOK PAGE TO

VIEW THE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. 5:00AM BP Will 8:30AM BP Mary 9:20AM Zumba Mandy 10:00AM SS Mimi 5:30PM BP Ray	4. 5:00AM SHRED Courtney 8:00AM Core Will 8:30AM BS/BC Dawn 9:30AM BF Tiffany 5:30PM Sprint Kensie 5:30PM SHRED Courtney	5. 5:00AM BS Janelle 5:00AM Spin Mona 8:00AM Booty Up! Patti 8:30AM BP Dawn 10:00 SS Ellen 5:30PM BP Elizabeth	6. 5:00AM BP Karly 8:30AM BS Janelle 9:30AM BB Tiffany 5:30PM Virtual BA	7. 5:00AM RPM Christina 5:00AM SHRED Courtney 8:30AM BP Ellen	8.
10. 5:00AM BP Will 8:30AM BP Mary 9:20AM Zumba Mimi 10:00AM SS Patti 5:30PM BP Ray	11. 5:00AM SHRED Courtney 8:00AM Core Will 8:30AM BS/BC Dawn 9:30AM BF Tiffany 5:30PM Sprint Kensie 5:30PM SHRED Courtney	12. 5:00AM BS Janelle 5:00AM Spin Mona 8:30AM BP Dawn 10:00 SS Ellen 5:30PM BP Elizabeth	13. 5:00AM BP Karly 8:30AM BS Janelle 9:30AM BB Tiffany 5:30PM Virtual BA	14. 5:00AM RPM Christina 5:00AM SHRED Courtney 8:30AM BP Ellen	15.
17. 5:00AM BP Will 8:30AM BP Mary 9:20AM Zumba Mandy 10:00AM SS Mimi 5:30PM BP Ray	18. 5:00AM SHRED Courtney 8:00AM Core Will 8:30AM BS/BC Dawn 9:30AM BF Tiffany 5:30PM Sprint Kensie 5:30PM SHRED Courtney	19. 5:00AM BS Janelle 5:00AM Spin Mona 8:00AM Booty Up! Patti 8:30AM BP Dawn 10:00 SS Ellen 5:30PM BP Elizabeth	20. 5:00AM BP Karly 8:30AM BS Janelle 9:30AM BB Tiffany 5:30PM Virtual BA	21. 5:00AM RPM Christina 5:00AM SHRED Courtney 8:30AM BP Ellen	22.
24. 5:00AM BP Will 8:30AM BP Mary 9:20AM Zumba Mimi 10:00AM SS Patti 5:30PM BP Ray	25. 5:00AM SHRED Courtney 8:00AM Core Will 8:30AM BS/BC Dawn 9:30AM BF Tiffany 5:30PM Sprint Kensie 5:30PM SHRED Courtney	26. 5:00AM BS Janelle 5:00AM Spin Mona 8:30AM BP Dawn 10:00 SS Ellen 5:30PM BP Elizabeth	27. 5:00AM BP Karly 8:30AM BS Janelle 9:30AM BB Tiffany 5:30PM Virtual BA	28. 5:00AM Spin Christina 5:00AM SHRED Courtney 8:30AM BP Ellen	29.
31. 5:00AM BP Will 8:30AM BP Mary 9:20AM Zumba Mimi 10:00AM SS Mimi   NO EVENING CLASS					

LES MILLS
BODYPUMP

---is a barbell workout that uses light to moderate weights with plenty of repetition, providing you with a total body workout!

LES MILLS
BODYATTACK

--- is a high-energy fitness class that combines combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS
BODYFLOW

--- is the yoga-based class that will improve your mind, your body and your life. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS
BODYCOMBAT

---is a high-energy martial arts-inspired workout that is totally non-contact and requires no experience. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu to release stress and feel like a champ!

LES MILLS
BODYSTEP

--- a full-body cardio workout that combines basic stepping with other upper body exercises, while toning your butt and thighs!

LES MILLS
RPM

--- is a group indoor cycling workout where you control the intensity. 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!

LES MILLS
CXWORX

---exercises muscles around the core making you better at all things you do! Improve everyday life and achieve a new level of fitness with a stronger core.

LES MILLS
sprint

---is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results, while pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.



ZUMBA

---Is there a better way to move your body than by getting lost in the rhythm of music? The fitness regime involves moves which are very similar to dance forms hip-hop, samba, belly dancing and salsa.