



OCTOBER 2025 *SUBJECT TO CHANGE

SATURDAY

tone

7:30-8:15am

Juliette | Studio

(Purple Room)

the

MONDAY

High-Intensity **Interval Training** 8:00-9:00am Michelle Gymnasium

Aqua Aerobics 8:45-9:30am Whitney Pool

Active Stretch 10:00-10:45am Michelle | Studio (Gymnasium)

TUESDAY

Cycle 8:00-9:00am Michelle Gymnasium

Muscle & Moves 8:30-9:15am Mary Ann **Grey Room**

Weight Training 9:15-10:00am Michelle **Gymnasium**

WEDNESDAY

Strength & Cond. 8:00-9:00am Michelle Gymnasium

> **Aqua Aerobics** 8:45-9:30am Whitney Pool

Active Stretch 10:00-10:45am Michelle | Studio (Gymnasium)

THURSDAY

Stycle 8:00-9:00am Michelle **Gymnasium**

S Cycle Michelle

> **Aqua Aerobics** 8:45-9:30am Whitney Pool

Weight Training 9:15-10:00am Michelle

Train 10:15-11:00am Michelle

8:00-9:00am Gymnasium

FRIDAY

Gymnasium Senior Strength

(Gymnasium)

MORNING & AFTERNOON

EVENING



5:45-6:30pm Juliette Gymnasium

Cycle 6:30-7:30pm A.J. Gymnasium

BODYCOMBAT.

6:15-7:00pm Genevieve | Gym

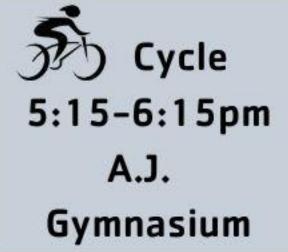
Aqua Aerobics 6:30-7:15pm Whitney Pool



Aqua Aerobics 6:30-7:15pm Patti Pool



5:30-6:30pm Kat Gymnasium





5:15-6:15pm Lauren

(Davol Room)



LESMILLS TONE: This class combines blocks of strength, cardio, and core training into one convenient workout. TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful

LESMILLS GRIT: LES MILLS GRIT ™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.



LESMILLS BODYCOMBAT: high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

WEIGHT TRAINING: This class will help improve balance, flexibility, and strength. The class is designed for those that prefer a workout without the added impact to joints. Portions of class include aerobics, cardio, & strength training.

H.I.I.T.: High Intensity Interval Training is a full-body workout. With its rigorous interval training sequence and high intensity exercises, it builds cardiovascular fitness while improving muscle strength and endurance. Join us and be challenged to push your limits!

STRENGTH & CONDITIONING: A strengthening class designed for all! This class focuses on controlled movements and targeting the major muscle groups. Strength and Conditioning aims to improve daily living skills through better strength, balance, flexibility, and agility.

CYCLE / SPIN: Group stationary cycling class offering a high intensity workout. Also known as 'spinning'. Join us on our Keiser bikes as our cycling coaches take you on a challenging ride that will push you to the max!

YOGA: Yoga is a type of exercise in which you move your body into various positions in order to become more <u>fit</u> or <u>flexible</u>, to <u>improve</u> your <u>breathing</u>, and to <u>relax</u> your mind.

AQUA AEROBICS: Join us in the pool as our aqua instructors guide you through a low impact but high intensity workout. Aqua Aerobics is designed to improve flexibility, range of motion, strength, and cardiovascular endurance while using the resistance of the water to cushion feet, knees, and back.

SENIOR STRENGTH: This class will help improve balance, flexibility, and strength. The class is designed for those that prefer a workout without the added impact to joints. Portions of class include aerobics, cardio, & strength training.

ACTIVE STRETCH: This class combines "chair yoga" and "light strength training". Active Stretch will get your blood flowing and help to improve mobility and strength. This class does offer the ability to use light weights however it is not required!

PILATES: Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

Muscle and Moves: This is a full-body workout that combines everyday movements and strength training.

WERQ: is the wildly addictive cardio dance workout based on trending pop and hip hop music.