


























# PINE LAKE GROUP EX CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle &amp; Strength</b> 5:30-6:30  Betsy	<b>BODYPUMP</b> 5:30-6:30  Matt	<b>Cycle</b> 5:30-6:30  Michelle	<b>Total Muscle Definition</b> 5:30-6:30 Kathy	<b>Cycle &amp; Strength</b> 5:30-6:30  Malia		
			<b>IMPACT Tennis*</b> 7:00-8:00 Taylor (\$)		<b>Cycle</b> 7:00-8:00  Kim	
<b>Cardio H2O</b> 8:00-9:00 Karen	<b>Cardio H2O</b> 8:00-9:00 Katia		<b>Cardio H2O</b> 8:00-9:00 Natalie			
<b>Cycle &amp; Strength</b> 8:30-9:30  Jen				<b>Pilates</b> 8:30-9:30 Jen	<b>SH'BAM</b> 8:30-9:15  Whitney	
	<b>BODYSTEP (30min)</b> 9:00-9:30am  Katy	<b>CORE</b> 9:00-9:30 Whitney	<b>Meditation</b> 9:00-9:30 Shannon		<b>Hot Power Yoga</b> 9:15-10:15 Jume	
		<b>Metabolic Madness*</b> 9:30-10:15 Nikki (\$)		<b>Metabolic Madness*</b> 9:30-10:15 Nikki (\$)	<b>BODYPUMP (30min)</b> 9:30-10:00	<b>BODYPUMP</b> 9:30-10:30  Karla
<b>Hot Power Yoga</b> 9:30-10:45 Kerry	<b>BODYBALANCE</b> 9:30-10:30 Whitney	<b>Hot Hatha Yoga</b> 9:30-10:30 Kerry		<b>Hot Power Yoga</b> 9:30-10:45 Shannon	<b>CORE</b> 10:00-10:30  Karla	
<b>SH'BAM</b> 9:30-10:15  Christine	<b>BODYPUMP</b> 9:30-10:30  Katy	<b>SH'BAM</b> 9:30-10:15  Whitney	<b>BODYPUMP</b> 9:30-10:30  Kari	<b>BODYSTEP (45min)</b> 9:30-10:15  Katy		<b>ZUMBA</b> 10:45-11:45 Jean
<b>CORE (45 min)</b> 10:30-11:15  Christine		<b>Pilates</b> 10:30-11:30 Natalie	<b>BODYBALANCE</b> 10:30-11:30 Christine	<b>BODYPUMP</b> 10:30-11:30  Katy	<b>Restorative Yoga</b> 10:30-11:30 Rita	<b>BODYBALANCE(45min)</b> 10:45-11:30 Karla
<b>Metabolic Madness*</b> 10:00-10:45 Katy (\$)		<b>Decompress Stretch</b> 11:00-11:30 Nora			<b>IMPACT Strength*</b> 2:00-3:00 Tyler (\$)	
	<b>Cycle</b> 12:00-1:00  Kim	<b>Advantage Sport*</b> 4:00-5:00 Nikki (\$)	<b>Advantage Sport*</b> 4:00-5:00 Nikki (\$)	<b>Advantage Sport*</b> 4:00-5:00 Nikki (\$)		
	<b>IMPACT Teen*</b> 5:00-6:00 Taylor (\$)		<b>IMPACT Teen*</b> 5:00-6:00 Taylor (\$)			<b>Yin Yoga</b> 3:30-4:45 Whitney
<b>Hot Hatha Yoga</b> 5:30-6:30 Jume	<b>IMPACT Strength*</b> 6:00-7:00 Tyler (\$)	<b>Kids Yoga</b> 5-6pm Tanuja	<b>IMPACT Strength*</b> 6:00-7:00  Tyler (\$)			
<b>BODYPUMP</b> 5:30-6:30  Kari	<b>Cycle &amp; Mobility</b> 5:30-6:30  Jen	<b>BODYPUMP</b> 5:30-6:30  Katy	<b>Cycle</b> 5:00-5:45 Kim			
	<b>Vinyasa Flow Yoga</b> 6:00-7:00 Rebecca		<b>CORE</b> 6:00-6:30 Whitney			
		<b>BODYBALANCE</b> 6:30-7:30 Christine	<b>Hot Power Yoga</b> 6:00-7:00 Jume			
<b>BODYATTACK (45min)</b> 6:40-7:25  Katy		<b>ZUMBA</b> 6:45-7:30 Sara	<b>BODYATTACK (45min)</b> 6:40-7:25  Whitney			
<b>Vinyasa Flow Yoga</b> 7:30-8:30 Rita						

 = Myzone class \* = fee associated with class



# PINE LAKE GROUP EX CLASS DESCRIPTIONS

## LES MILLS GROUP EX CLASSES

### BODYATTACK™

A high-energy fitness class with moves catered for everyone! Athletic exercises like running, lunging and jumping are combined with strength exercises such as push-ups and squats to build full body strength and maximize cardio stamina. Sweat, smile, and burn an average of 600 calories in each class. No equipment needed.

### BODYBALANCE™

BODYBALANCE™ (formerly BODYFLOW™) is a motivating blend of new yoga featuring elements of Tai Chi and Pilates. It is designed to strengthen your entire body, improve flexibility, and leave you feeling calm and centered. A great introduction to Mind/Body classes; appropriate for all fitness levels!

### BODYPUMP™

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ is a total body workout that will burn an average of 400 calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated; ready to come back for more.

### BODYSTEP™

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP™ class you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You will burn an average of 400 calories and leave buzzing with satisfaction.

### LES MILLS CORE™

LES MILLS CXWORX™ is now LES MILLS CORE™! Exercising muscles around the core, CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All moves in CORE™ have options, so it's challenging but achievable for your own level of fitness. During the 30 minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

### SH'BAM™

A fun-loving, insanely addictive dance workout, SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile. Forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## GENERAL GROUP EXERCISE CLASSES

### Cardio H2O In the pool!

Use water and buoyant equipment as resistance to elevate heart rate, tone, and strengthen your muscles. A great workout with low-to-no impact.

### Cycle

This class is great for everyone; from the beginner to the professional cyclist! Resistance and pedal speed are used together to create an intense and effective workout. Cyclists are instructed to choose the intensity that best suits them, yet encouraged to consistently challenge themselves. 60 minute and 45 minute express formats available. New participants should arrive 10 minutes early for bike set up.

### Cycle & Mobility

20 minutes of slower paced, lower heart rate cycle to increase blood flow throughout the body. Followed by 25 minutes of mobility training using a foam roller and working full range of motion through joints to help the body move better. Great for recovery days and members new to group exercise and cycling.

### Cycle & Strength

This class is the perfect combination of cardio on the bike and strength conditioning off the bike using weights and bodyweight exercises. Lift your heart rate and build muscle and core strength! Modifications offered for all fitness levels.

### Decompress & Stretch

Join Personal Trainer Nora for this 30 minute restorative class designed to decrease stress and muscular tension through a variety of relaxing poses and breathing exercises. A great complement to other types of exercise, improving flexibility and range of motion in the joints.

### Meditation

Meditation offers health benefits such as increased mindfulness, stress relief, mental clarity, and inner peace. Join this group meditation whether you are a new or experienced meditator. Each meditation is guided and includes the 'getting there' phase consisting of relaxation techniques and breathing exercises and a 'being there' phase which is regarded as true meditation.

### Pilates

Incorporating the fundamentals of Pilates, this class follows the classic mat order and is appropriate for students of all levels. Small exercise props such as Magic Circles, bands, and balls are used to engage specific muscle groups and assist with body positioning.

### Total Muscle Definition

Build strength, endurance, and muscle definition using a variety of strength training exercises and equipment. All fitness levels welcome; modifications provided.

### ZUMBA®

ZUMBA® is a Latin dance inspired workout that is taking the world by storm! This is a fun cardio workout that can be adapted to all levels. No dance skills required!

## GENERAL MIND/BODY CLASSES

### Hot Hatha Yoga

This heated class flows slowly through a series of poses focusing on the breath. Ha represents the sun while tha represents the moon and together the practice of Hatha Yoga aligns the mind with the body. All levels welcome!

### Hot Power Yoga

Hot Power yoga is a vigorous, fitness-based approach to Vinyasa-Style yoga with an emphasis on strength and flexibility. Adding the element of heat creates a wider range of motion while also challenging the cardiovascular system to burn approximately 350 to 600 calories per class!

### Restorative Yoga

Using light heat and slow progression of movement, this class helps restore the natural curve of the spine, increases flexibility through hips and shoulders, and strengthens the core through stabilization. Great for recovery!

### Vinyasa Flow Yoga

This style of yoga uses breath to move through creative sequencing of poses. Flowing movements are intended to get students out of their heads and into their bodies. A great way to infuse movement, energy and vitality into your day!

### Yin Yoga

Yin yoga is a slow, passive practice that works into the deep connective tissues of the body. Using props, postures are held for several minutes allowing the ligaments, joints and fascia to slowly soften. This is an all levels class designed for beginners to advanced practitioners.

