

PINE LAKE GROUP EX CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle & Strength 5:30-6:30 Debbie		Total Muscle Definition 5:30-6:30 Kathy			
					Cycle (45min) 7:00-7:45 Kim	
	Cardio H2O 8:00-9:00 Katia		Cardio H2O 8:00-9:00 Natalie		HIGH Fitness/Strength 8:00-9:00 Melissa	
Cycle & Strength 8:30-9:30 Jen		Cycle & Strength 8:30-9:30 Teresa		Pilates 8:30-9:30 Jen		
	BodyStep (45min) 8:50-9:35 Katy		BodyStep (45min) 8:50-9:35 Katy		SH'BAM 9:15-10:00 Whitney	
		Metabolic Madness 9:30-10:15 Nikki (\$)		Metabolic Madness 9:30-10:15 Nikki (\$)	Hot Power Yoga 9:15-10:15 Jume	BODYPUMP 9:30-10:30 Karla
BODYFLOW 9:30-10:30 Whitney		Hot Power Yoga 9:30-10:30 Kim	BODYFLOW 9:30-10:30 Caroline	Hot Power Yoga 9:30-10:30 Shannon		ZUMBA* 10:30-11:30 Jean
SH'BAM 9:45-10:30 Christine	BODYPUMP 9:45-10:45 Katy	BODYATTACK (45min) 9:45-10:30 Whitney	BODYUMP/CORE 9:45-10:45 Katy	BODYPUMP 9:45-10:45 Karla	Restorative Yoga 10:30-11:30 Rita	BODYFLOW (45min) 10:45-10:30 Karla
CORE 10:30-11:00 Christine		Pilates 11:00-12:00 Natalie				
Metabolic Madness 12:30-1:15 Tamara (\$)						
		Advantage Sport 3:00-4:00 Nikki (\$)				
	IMPACT Teen 5:00-6:00 Tyler (\$)	Hot Power Yoga* 5:30-6:30 Gina	IMPACT Teen 5:00-6:00 Tyler (\$)			
BODYPUMP 5:30-6:25 Kari	Cycle 5:30-6:30 Kevin	BODYPUMP 5:30-6:25 Kari				
CORE 6:30-7:00 Katy	Yoga Flow 6:00-7:00 Shannon	CORE 6:30-7:00 Christine	Yoga Flow 6:00-7:00 Jume			
Yoga Flow 7:00-8:00 Rita		BODYFLOW 7:00-8:00 Christine				
BODYATTACK (45min) 7:00-7:45 Katy						



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.

BODYFLOW™

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.

Cardio Lift

This is a cardiovascular cross-training class that incorporates intervals of simple, yet challenging, athletic sports moves and strength training. A great workout for all fitness levels!

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 & 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.

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 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!

Yoga Flow

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!

