

PINE LAKE GROUP EX/MIND BODY CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---------------------------------------|--------------------------------------|-------------------------------------|--------------------------------|---------------------------------------|------------------------------|------------------------------------|
| 5:00 AM | | | | | | | |
| 6:00 AM | | | | | | | |
| 7:00 AM | | Cycle 7:00-8:00 Malia | | Cycle 7:00-8:00 Malia | | | |
| 8:00 AM | | | | | | | |
| 9:00 AM | Cycle & Strength 9:00-10:00 Jen | BODYPUMP 9:00-10:00 Katy | Cardio Lift 9:00-10:00 Teresa | BODYPUMP 9:00-10:00 Katy | Cycle & Strength 9:00-10:00 Jen | Cycle 9:00-10:00 Kevin | |
| | BODYFLOW 9:30-10:30 Katy | | Yoga 9:30-10:30 Jume | | BODYFLOW 9:30-10:30 Katy | Yoga 9:30-10:30 Rita | Warm Yoga 9:30-10:30 Sharman |
| 10:00 AM | | | | | | | BODYPUMP 10:30-11:30 Bree |
| 11:00 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 5:00 PM | BODYPUMP 5:30-6:30 Kari | HIGH FITNESS 5:30-6:30 Melissa | BODYPUMP 5:30-6:30 Kari | | | | |
| | Warm Yoga 6:00-7:00 Rita | Yoga 6:30-7:30 Julie | Warm Yoga 6:00-7:00 Rita | Yoga 6:30-7:30 Julie | | | |
| 6:00 PM | | | | | | | |
| 7:00 PM | | | | | | | |

Purple = Group Ex Studio Green = Mind Body Studio

Enroll on line at www.columbiaathletic.com/memberarea. Each class is \$20 + tax



PINE LAKE GROUP EX CLASS DESCRIPTIONS

LES MILLS

LES MILLS 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!

LES MILLS BODYPUMP™

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with high repetition, BODYPUMP™ gives you a full body workout. Instructors coach you through scientifically proven moves and techniques to help you achieve more than on your own!

GENERAL

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 beginner to professional cyclists! Resistance and speed intervals create an effective workout. Cyclists choose their intensity to challenge themselves. 60 min and 45 min 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.

High Fitness

HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense, easy-to-follow fitness choreography. It's where dance meets fitness!

Yoga

This is your hour to just relax, stretch out and focus on releasing some of that stress. This class will help restore the natural curve of the spine, increase flexibility through hips and shoulders, and strengthen the core through stabilization. Great for recovery and recharging the mind and body!

Warm Yoga

This is your hour to just relax, stretch out and focus on releasing some of that stress in a heated room. This class will help restore the natural curve of the spine, increase flexibility through hips and shoulders, and strengthen the core through stabilization. Great for recovery and recharging the mind and body!

