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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
STUDIO 1 https://www.sehealth.org/wellness/fitness/group-exercise	5:30AM BODYFLOW Jan (45-min) Virtual: 6:20/7:05 CXWORX 8:00 BODYCOMBAT	5:30 AM - Jan 	VIRTUAL CLASSES: 5:15A BODYCOMBAT 6:20/7:05 CXWORX 7:40 BODYPUMP 8:20 CXWORX	5:30 AM - Leanne  V: 6:35 BODPUMP 7:35 SH'BAM	VIRTUAL CLASSES: 5:15A BODYFLOW/ 5:50 CXWORX 6:25 BODYFLOW 7:05 CXWORX/7:40 SH'BAM	VIRTUAL CLASSES: 7:05AM BODYCOMBAT	
	9:05 - Tracy 	VIRTUAL: 6:30 CXWORX 7:05 BODYFLOW 8:15 SH'BAM	9:05 AM - Amy S 	8:15 AM POWER YOGA Rose	8:15 BODYCOMBAT 9:05 AM - Meghan 	8:15 AM - Rotates 	
	10:15 AM LOW IMPACT Marge/Kelly	9:30 AM - Rose 	10:15 AM LOW IMPACT Marge	9:30 AM - Tara 	 10:15 AM - Meghan	9:30 AM - Rotates 	
	NOON - Tara 	10:30 AM LIFESTYLE FITNESS LeiLani	NOON - Meghan 	10:30 AM BARRE LITE Tara	VIRTUAL CLASSES: 11:30 BODYFLOW 12:15 SH'BAM 12:50 CXWORX 1:30 BODYFLOW 3P SH'BAM 4P BODYCOMBAT	SATURDAY VIRTUAL CLASSES 10:40 CXWORX 11:15 SH'BAM 12:05 BODYCOMBAT 1:10 CXWORX 2p BODYFLOW 2:50 BODYPUMP 4P CXWORX 4:35 SH'BAM 5:10 BODYCOMBAT	
	VIRTUAL CLASSES: 11:05 BODYFLOW 1:40 SH'BAM 2:30 BODYCOMBAT 3:35 CXWORX 4:15 PM - Amy C 	VIRTUAL CLASSES: 11:25 SH'BAM 12:00 CXWORX 12:35 BODYCOMBAT 2P BODYFLOW 3P SH'BAM 3:35 CXWORX	VIRTUAL CLASSES: 11:15 BODYCOMBAT 12:55 CXWORX 1:30 BODYCOMBAT 2:30 BODYFLOW 3:35 CXWORX	VIRTUAL CLASSES: 11:30 BODYPUMP 12:00 BODYCOMBAT 1:05 CXWORX 1:45 BODYFLOW 3:00 CXWORX 3:35 BODYCOMBAT	5:30 PM Rotates  VIRTUAL:6:40 CXWORX 7:15 BODYFLOW		
	5:30 PM - Leah 	4:15 PM - Meghan 	4:15 PM BARRE Fusion Meghan	4:15 PM - Meghan 	SUNDAY VIRTUAL CLASSES: 11:15A SH'BAM 12:20 BODYCOMBAT 1:20 CXWORX 2:00 SH'BAM 2:35 CXWORX 3:15 BODYPUMP 4:20 BODYCOMBAT 5P BODYFLOW		
	 6:45PM Meghan	5:30 PM - Meghan 	5:30 PM - LeiLani 	5:30 PM - Meghan 	It's LES MILLS LAUNCH TIME! April 1 4:15 experience the NEW BODYSTEP format with simpler moves Saturday, April 13: RPM: 8:05 / BODYPUMP 8:15 BODYFLOW 9:30		
	VIRTUAL CLASSES: 7:50PM - CXWORX 8:30 BODYCOMBAT	VIRTUAL CLASSES: 6:40PM SH'BAM 7:30 CXWORX 8:15 BODYCOMBAT 9:15 BODYFLOW	6:45 PM Meghan REFIT VIRTUAL CLASSES: 7:50 BODYCOMBAT 9:00 BODYFLOW	VIRTUAL CLASSES: 6:35 BODYFLOW 7:15 SH'BAM 8:10 BODYPUMP 9:15 BODYFLOW			
	CYCLE	5:30 AM - Matt 		5:30 AM - Jan 	5:30 AM - Matt 		 SATURDAYS 8:05 AM - Rotates
		8:15 AM - Amy 	8:30 AM CYCLE with Kelly	8:15 AM - Kasie 		8:15 AM - Amy 	
4:30 PM Jonya (30m) 			4:30 PM Kristi (30m) 				 SUNDAYS 1:30 PM - ROTATES
5:30 PM - LeiLani 		5:30 PM - Crystal 		5:30PM - Chris C 			

Multi-Purpose	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NEW CLASS! GROUP X 101 Starts April 9 5:30PM Experience different Group Exercise class formats followed by a Q & A session.
	8:15 AM YOGA with Tara	8:15 AM RESTORATIVE Yoga LeiLani	8:15 AM YOGA with Rose		8:15 AM YOGA LeiLani	
	9:30 AM BARRE Fusion	NOON BARRE Fusion	9:30 AM BARRE Fusion		9:30 AM YoLATES W/ Rose	
	11 AM Beginner's Yoga LeiLani	5:30 PM BARRE Fusion	11 AM Chair Yoga LeiLani	NOON BARRE Fusion Tara	11 AM Chair Yoga LeiLani	
	4:15 PM BARRE Fusion Tania	NEW CLASS STARTS APRIL 9 5:30PM				
	5:30 PM YOGA - Tania	GROUP X 101	5:30 PM YOGA - Tania			


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** gives you a total body workout, burning up to 540 calories. Instructors coach you through the scientifically proven moves and techniques while 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.


BODYFLOW is the yoga-based class that improves your mind, your body and your life. During **BODYFLOW** an inspiring soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of the exercises, and instructors provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.




BODYSTEP Basic stepping, just like walking up and down stairs, is at the heart of **BODYSTEP** - a full-body cardio workout that tones your butt and thighs while burning up to 620 calories. Experience a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises for a fun, uplifting, full-body workout with tons of options so everyone leaves feeling successful.

RPM is a group indoor cycling workout where you control the intensity. With great music playing and everyone spinning as one, your instructor takes you on a journey of hill climbs, sprints and flats burning up to 675 calories. In an **RPM** workout you spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. **RPM** is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music.


GROUP X 101
Tuesdays starting April 9 - 5:30 PM
MULTI-PURPOSE ROOM
Experience a taste of the classes we offer:
April 9: Chair and Restorative Yoga
April 16: Yoga technique and modifications
April 23: Pool class
April 30: Intro to Barre workouts

LES MILLS™ VIRTUAL
Workouts available all day, every day!

Feel totally unleashed with this martial-arts-inspired workout. Includes a variety of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch and kick your way to superior cardio fitness!


Simple, seriously hot dance moves, perfect for anyone looking to shape up and let out their inner star - even if dance isn't their natural thing. Set to chart-topping hits, familiar classics and Latin beats.


Based on cutting-edge scientific research, the ultimate way to get a strong and toned core. Focuses on training muscles in the same way they are used.
 

BEGINNER'S YOGA (45min)
Basic Yoga poses and pose breakdowns designed for all ages and abilities.
CHAIR YOGA (45min)
Suitable for all levels. Improves strength, flexibility and range of motion.
LIFESTYLE FITNESS (45min)
A class designed to improve functional lifestyle skills with stretches, balance and resistance training.
LOW IMPACT(55min)
Designed to improve cardio function and minimize impact.
YOGA (60min)
Led by instructors trained in YogaFit, a non-purist form of yoga designed for the fitness industry. Combines Hatha Yoga with modern fitness movements.
RESTORATIVE Yoga (60-min)
Gentle Yoga poses supported by props that allow you to completely relax and rest.
YoLATES (45min) Combines Yoga and Pilates to build strength and endurance; enhances flexibility and balance.
BARRE Fusion (55min) Blending the best of barre, Yoga, Pilates and strength into an effective cardio workout.
BARRE Lite (50min) Gentler version of BARREFusion
REFIT® rocks your body, heart and soul with powerful moves and positive music. Powered by human connections that turn have-to workouts into a can't-miss community experience!


YELLOW LIGHT:
Look for this color on the schedule to see if any classes are at risk of being dropped.

HealthPoint is proud to be a part of the Les Mills family of clubs around the world offering life-changing group exercise experiences.

Compatibility Report for AUGUST 2010 schedule.xls
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