


# MARCH 2018 GROUP FITNESS CAPE GIRARDEAU LOCATION

**STUDIO 1**  
<https://www.sehealth.org/wellness/fitness/group-exercise>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VIRTUAL CLASSES:</b> 5:15A: BODYCOMBAT 6:20 CXWORX 7:05 CXWORX 8:00 BODYCOMBAT  9:05 AM - Jeremy <b>LES MILLS BODYPUMP</b>  10:15 AM LOW IMPACT Marge/Kelly  NOON - Tara <b>LES MILLS BODYPUMP EXPRESS</b>  <b>VIRTUAL CLASSES:</b> 11:05 BODYFLOW 1:40 SH'BAM 2:30 BODYCOMBAT/3:35CX  4:15 PM - Amy C <b>LES MILLS BODYSTEP</b>  5:30 PM - Leah <b>LES MILLS BODYPUMP</b>  6:45PM Meghan <b>REFIT REVOLUTION</b>  <b>VIRTUAL CLASSES:</b> 7:50PM - CXWORX 8:30 BODYCOMBAT	5:30 AM - Jan (45m) <b>LES MILLS BODYPUMP</b>  <b>VIRTUAL:</b> 6:30 CXWORX 7:05 BODYFLOW 8:15 SH'BAM  9:30 AM - Tara <b>LES MILLS BODYFLOW</b>  10:30 AM LIFESTYLE FITNESS Chris K  <b>VIRTUAL CLASSES:</b> 11:25 SH'BAM 12:00 CXWORX 12:35 BODYCOMBAT 2P BODYFLOW 3P SH'BAM 3:35 CXWORX  4:15 PM - Chris <b>LES MILLS BODYPUMP</b>  5:30 PM - Meghan <b>LES MILLS BODYFLOW</b>  <b>VIRTUAL CLASSES:</b> 6:40PM SH'BAM 7:30 CXWORX 8:15 BODYCOMBAT 9:15 BODYFLOW	<b>VIRTUAL CLASSES:</b> 5:15A BODYCOMBAT 6:20/7:05 CXWORX 7:40 BODYPUMP 8:20 CXWORX  9:05 AM - Amy S <b>LES MILLS BODYPUMP</b>  10:15 AM LOW IMPACT Marge  NOON - Meghan <b>LES MILLS BODYPUMP EXPRESS</b>  <b>VIRTUAL CLASSES:</b> 11:15 BODYCOMBAT 12:55 CXWORX 1:30 BODYCOMBAT 2:30 BODYFLOW 3:35 CXWORX  4:15 PM- Andrea <b>LES MILLS BODYSTEP</b>  5:30 PM - Jeremy <b>LES MILLS BODYPUMP</b>  6:45 PM Meghan <b>REFIT</b> <b>VIRTUAL CLASSES:</b> 7:50 BODYCOMBAT 9:00 BODYFLOW	5:30 AM - Leanne <b>LES MILLS BODYPUMP</b>  <b>V:</b> 6:35 BODYCOMBAT  8:15 AM POWER YOGA Rose  9:30 AM - Rose <b>LES MILLS BODYFLOW</b>  10:30 AM BARRE LITE Tara  <b>VIRTUAL CLASSES:</b> 11:30 BODYPUMP 12:00 BODYCOMBAT 1:05 CXWORX 1:45 BODYFLOW 3:00 CXWORX 3:35 BODYCOMBAT  4:15 PM - Meghan <b>LES MILLS BODYPUMP</b>  5:30 PM - Meghan <b>LES MILLS BODYFLOW</b>  <b>VIRTUAL CLASSES:</b> 6:35 BODYFLOW 7:15 SH'BAM 8:10 BODYPUMP 9:15 BODYFLOW	<b>VIRTUAL CLASSES:</b> 5:15A BODYFLOW/ 5:50 CXWORX 6:25 BODYFLOW 7:05 CXWORX/7:40 SH'BAM  8:15 BODYCOMBAT 9:05 AM - Meghan <b>LES MILLS BODYPUMP</b>  10:15 AM - Meghan <b>REFIT REVOLUTION</b>  <b>VIRTUAL CLASSES:</b> 11:30 BODYFLOW 12:15 SH'BAM 12:50 CXWORX 1:30 BODYFLOW 3P SH'BAM 4P BODYCOMBAT 5:30 PM - Rotates <b>LES MILLS BODYPUMP</b>  <b>VIRTUAL:6:40 CXWORX</b> <b>7:15 BODYFLOW</b>	<b>VIRTUAL CLASSES:</b> 7:05AM BODYCOMBAT  8:15 AM - Rotates <b>LES MILLS BODYPUMP</b>  9:30 AM - Rotates <b>LES MILLS BODYFLOW</b>  <b>VIRTUAL CLASSES</b>  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  <b>SUNDAY VIRTUAL CLASSES:</b> 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
<b>CYCLE</b>  5:30 AM - Matt <b>LES MILLS RPM</b>  8:15 AM - Amy <b>LES MILLS RPM</b>  4:30 PM Jonya <b>LES MILLS RPM</b>  5:30 PM - Chris C <b>LES MILLS RPM</b>	8:30 AM CYCLE with Kelly  5:30 PM - Crystal <b>LES MILLS RPM</b>	5:30 AM - Jan <b>LES MILLS RPM</b>  8:15 AM - Kasie <b>LES MILLS RPM</b>  4:30 PM Kristi <b>LES MILLS RPM</b>	5:30 AM - Matt <b>LES MILLS RPM</b>  5:30PM - Chris C <b>LES MILLS RPM</b>	5:30 AM - Jan <b>LES MILLS RPM</b>  8:15 AM - Amy <b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>  <b>SATURDAYS</b> 8:05 AM Rotates *NO CLASS MARCH 24  <b>LES MILLS RPM</b>  <b>SUNDAYS</b> Rotates 1:30 PM



Multi-Purpose	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15 AM YOGA with Tara		8:15 AM YOGA with Rose		8:15 AM Beginner's Yoga - Grace
	9:30 AM BARRE Fusion		9:30 AM BARRE Fusion		9:30 AM YoLATES W/ Rose
	11 AM Beginner's Yoga Casey	NOON BARRE Fusion	11 AM Chair Yoga Casey	NOON BARRE Fusion	
	4:15 PM BARRE Fusion		4:15 PM BARRE Fusion		
	5:30 PM YOGA - Tania	5:30 PM BARRE Fusion	5:30 PM YOGA - Tania	6:30 PM BARRE Fusion	

Due to our annual INDOOR TRIATHLON, RPM will not be offered on Saturday, March 24

### LES MILLS BODYPUMP

BODYPUMP is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for -- and fast! (60 min) All fitness levels

### LES MILLS BODYFLOW

A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger, become more flexible and more physically aware. BODYFLOW is a combination of Yoga, Tai Chi and Pilates. Designed for all fitness levels (55 min)

### LES MILLS BODYSTEP

The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out. (60 min)

### LES MILLS RPM

The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through the hills, flats, mountain peaks, time trials and intervals. (50 min) Discover your inner athlete - sweat and burn to reach your endorphin high. Back-to-back rides on Friday mornings!

### LES MILLS BODYSTEP

BODYSTEP™ Athletic -- Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography. It is particularly appealing to males.

### LES MILLS™ VIRTUAL

Workouts available all day, every day!

#### LES MILLS BODYCOMBAT

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!

#### LES MILLS SH'BAM

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.

#### LES MILLS CXWORX

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.

### LES MILLS BODYPUMP

### LES MILLS BODYFLOW

#### 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.

**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)** A gentler version of BARRE Fusion  
**REFIT®** is a life-changing group fitness experience that rocks your body, heart and soul with powerful moves and positive music. Powered by human connections, we turn boring, 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 or are being changed to a different timeslot.

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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**Minor loss of fidelity**

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