


# MAY 2019 GROUP FITNESS CAPE GIRARDEAU LOCATION

## STUDIO 1

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30AM BODYFLOW Jan (45-min) Virtual: 6:20/7:05 CXWORX 8:00 BODYCOMBAT	5:30 AM - Jan (45m) <b>LES MILLS BODYPUMP</b>	VIRTUAL CLASSES: 5:15A BODYCOMBAT 6:20/7:05 CXWORX 7:40 BODYPUMP 8:20 CXWORX	5:30 AM - Leanne(45m) <b>LES MILLS BODYPUMP</b> 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/8:15 BODYCOMBAT	VIRTUAL CLASSES: 7:05AM BODYCOMBAT
	9:05 - Tracy <b>LES MILLS BODYPUMP</b>	VIRTUAL: 6:30 CXWORX 7:05 BODYFLOW/ 8:15 SH'BAM	9:05 AM - Amy S <b>LES MILLS BODYPUMP</b>	8:15 AM POWER YOGA Rose	9:05 AM - Meghan <b>LES MILLS BODYPUMP</b>	8:15 AM - Rotates <b>LES MILLS BODYPUMP</b>
	10:15 AM LOW IMPACT Marge/Kelly	9:30 AM - Rose <b>LES MILLS BODYFLOW</b>	10:15 AM LOW IMPACT Marge	9:30 AM - Tara <b>LES MILLS BODYFLOW</b>	 10:15 AM - Meghan	9:30 AM - Rotates <b>LES MILLS BODYFLOW</b>
	NOON - Tara <b>LES MILLS BODYPUMP</b>	10:30 AM LIFESTYLE FITNESS LeiLani	NOON - Meghan <b>LES MILLS BODYPUMP</b>	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	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	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 <b>LES MILLS BODYPUMP</b> VIRTUAL:6:40 CXWORX 7:15 BODYFLOW	
	4:15 PM - Amy C <b>LES MILLS BODYSTEP</b>					
	5:30 PM - Leah <b>LES MILLS BODYPUMP</b>	4:15 PM - Meghan <b>LES MILLS BODYPUMP</b>	4:15 PM BARRE Fusion Meghan	4:15 PM - Meghan <b>LES MILLS BODYPUMP</b>	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 in MP ROOM Mav 14 <b>LES MILLS BODYFLOW</b>	5:30 PM - LeiLani <b>LES MILLS BODYPUMP</b>	5:30 PM - Meghan <b>LES MILLS BODYFLOW</b>	MEMORIAL DAY HOURS - 7a-noon 7:15a VIRTUAL CXWORX 8:15 RPM 9:05 BODYPUMP 10:15 VIRTUAL BODYFLOW	
	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 <b>REFIT</b> 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 <b>LES MILLS RPM</b>		5:30 AM - Jan <b>LES MILLS RPM</b>	5:30 AM - Matt <b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>
	8:15 AM - Amy <b>LES MILLS RPM</b>	8:30 AM CYCLE with Kelly	8:15 AM - Kasia <b>LES MILLS RPM</b>		8:15 AM - Amy <b>LES MILLS RPM</b>	SATURDAYS 8:05 AM - Rotates
	4:30 PM Jonya <b>LES MILLS RPM</b>		4:30 PM Kristi <b>LES MILLS RPM</b>			<b>LES MILLS RPM</b>
	5:30 PM - LeiLani <b>LES MILLS RPM</b>	5:30 PM - Crystal <b>LES MILLS RPM</b>		5:30PM - Chris C <b>LES MILLS RPM</b>		SUNDAYS 1:30 PM - ROTATES

Multi-Purpose	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>GROUP X 101</b> <b>May schedule:</b>  <b>7th: BODYFLOW</b>  <b>14th: BODYPUMP</b> <b>in Studio 1</b>  <b>21st: ReFit</b>  <b>28th: no class</b>
	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		9:30 AM BARRE Fusion		9:30 AM YoLATES W/ Rose	
	11 AM Beginner's Yoga LeiLani	NOON BARRE Fusion Tania	11 AM Chair Yoga LeiLani	NOON BARRE Fusion Tara	11 AM Chair Yoga LeiLani	
	4:15 PM BARRE Fusion Tania	<b>GROUP X 101 - 5:30</b> <b>PM</b> <b>(NO CLASS MAY 28)</b>				
	5:30 PM YOGA - Tania		5:30 PM YOGA - Tania			



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



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)



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)



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!



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!



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.