



SEPTEMBER 2019 GROUP FITNESS CAPE GIRARDEAU LOCATION

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

STUDIO 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|
| VIRTUAL CLASSES: 6:20 CXWORX 7:05 CXWORX 8:00 BODYCOMBAT | 5:30 AM - Jan (45m) LES MILLS BODYPUMP | VIRTUAL CLASSES: 5:15A BODYCOMBAT 6:20/7:05 CXWORX 7:40 BODYPUMP 8:20 CXWORX | 5:30 AM - Leanne(45m) LES MILLS BODYPUMP V: 6:35 SH'BAM 7:35 BODYPUMP | 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 LES MILLS BODYPUMP | VIRTUAL: 6:30 CXWORX 7:05 BODYFLOW/ 8:15 SH'BAM | 9:05 AM - Amy S LES MILLS BODYPUMP | 8:15 AM POWER YOGA Rose | 9:05 AM - Meghan LES MILLS BODYPUMP | 8:15 AM - Rotates LES MILLS BODYPUMP |
| 10:15 AM LOW IMPACT Marge/Kelly | 9:30 AM - Rose LES MILLS BODYFLOW | 10:15 AM LOW IMPACT Marge | 9:30 AM - Tara LES MILLS BODYFLOW |  10:15 AM - Meghan | 9:30 AM - Rotates LES MILLS BODYFLOW |
| NOON - Tara LES MILLS BODYPUMP | 10:30 AM BARRE LITE Tara | NOON - Meghan LES MILLS BODYPUMP | 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 LES MILLS BODYPUMP VIRTUAL:6:40 CXWORX 7:15 BODYFLOW | |
| 4:15 PM - Amy C LES MILLS BODYSTEP | 4:15 PM - Meghan/Amanda LES MILLS BODYPUMP | 4:15 PM BARRE Fusion Meghan | 4:15 PM - Meghan LES MILLS BODYPUMP | 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 | |
| 5:30 PM - Leah LES MILLS BODYPUMP | 5:30 PM - Meghan LES MILLS BODYFLOW | 5:30 PM - Leah LES MILLS BODYPUMP | 5:30 PM - Meghan LES MILLS BODYFLOW |  September NO LIVE CLASSES LABOR DAY. Open 7a-12p | |
| VIRTUAL CLASSES: 6:45 SH'BAM 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 | | |



September
NO LIVE CLASSES LABOR DAY. Open 7a-12p

CYCLE

| | | | | | |
|--|---|--|--|---------------------------------------|--------------------------------|
| 5:30 AM - Matt LES MILLS RPM | | 5:30 AM - Jan LES MILLS RPM | 5:30 AM - Matt LES MILLS RPM | | LES MILLS RPM |
| 8:15 AM - Amy LES MILLS RPM | 8:30 AM CYCLE with Kelly | 8:15 AM - Kasie LES MILLS RPM | | 8:15 AM - Amy LES MILLS RPM | SATURDAYS 8:05 AM - Rotates |
| 4:30 PM Kristi - 30m LES MILLS RPM | | 4:30 Jonya/Amy - 30m LES MILLS RPM | | | LES MILLS RPM |
| 5:30 PM - LeiLani LES MILLS RPM | 5:30 PM - Crystal LES MILLS RPM | | 5:30PM - Chris C LES MILLS RPM | | SUNDAYS 1:30 PM - ROTATES |

| Multi-Purpose | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|--------------------------------|-------------------------------|------------------------------|----------------------------|
| | 5:30A BODYFLOW Jan (45m) 8:15 AM YOGA -Tara | | 8:15 AM YOGA with Rose | | 8:15 AM YOGA Kelsey |
| | 9:30 AM BARRE Fusion | | 9:30 AM BARRE Fusion | | |
| | 11 AM Beginner's Yoga Kelsey | NOON BARRE Fusion Tania | 11 AM Chair Yoga Kelsey | NOON BARRE Fusion Tara | 9:30 AM YoLATES W/ Rose |
| | 4:15 PM BARRE Fusion Tania | 5:30PM Barre Fusion Tara | | | |
| | 5:30 PM YOGA - Tania | | 5:30 PM YOGA - Tania | | |



NO LIVE CLASSES
LABOR DAY. Open
7a-12p



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.