

Group Exercise Schedule

EFFECTIVE: SEPTEMBER 1, 2019



Monday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Neill
5:10 - 5:40	*QuickShots - DUC	Burke
5:30 - 6:30	Beatbox	Lee Ann
5:40 - 6:30	Group Cycling - RS	David
5:45 - 6:15	*QuickShots - BSt	Neill
5:50 - 6:20	*QuickShots - DUC	Burke
6:00 - 6:30	Jump Rope - RC	Betsy
6:20 - 6:50	*QuickShots - BSt	McKenzie
8:00 - 8:55	Sculpt	Lisa
8:30 - 9:45	TBC - Gym	Carla
8:45 - 9:35	Group Cycling - RS	Cary
9:00 - 9:50	PiYo - BSt	Amy W.
9:00 - 9:55	Zumba Mix	Beverly
9:00 - 10:00	AquaFit - Pool	Linda
9:40 - 10:10	*QuickShots - Box	Lauren R.
10:00 - 10:55	Yoga Stretch	Beverly
10:15 - 10:45	*QuickShots - Box	Lauren R.
10:45 - 11:45	Yoga on the Ball - BSt	Jeanie
11:00 - 11:55	Pilates	Daneille
Time (p.m.)		
12:00 - 12:50	Group Cycling - RS	Martha
12:00 - 12:55	Yoga (Vinyasa Flow)	Kelly
12:00 - 12:55	Barre - BSt	Susan G.
1:00 - 1:55	Senior Weights	Jeff
2:00 - 3:00	Tai Chi	Ileina
4:15 - 5:00	Rhythm RYDE - RS	Jen
4:15 - 5:10	Hip Hop/Latin Spice	Marion
4:30 - 5:25	Yoga (Power) - BSt	Shauna
5:15 - 6:15	Yoga (Vinyasa Flow)	Sherri
5:30 - 6:20	Group Cycling - RS	Nancy
5:30 - 6:30	Cardio Barre - BSt	Lauren
6:20 - 7:10	Hip Hop Latin Spice	Joshua
6:45 - 7:15	*QuickShots - BSt	Ingrid
7:15 - 8:00	Sculpt	Laura
7:30 - 8:30	Yoga (Foundations) - BSt	Stephanie

Tuesday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Delena H.
5:10 - 5:40	*QuickShots - DUC	Brooke/Melissa
5:35 - 6:35	Power Pump	Kris
5:40 - 6:30	Performance Cycling - RS	Ian
5:45 - 6:15	*QuickShots - BSt	Emily D.
5:50 - 6:20	*QuickShots - DUC	Brooke/Melissa
6:20 - 6:50	*QuickShots - BSt	Emily D.
8:00 - 8:40	Stretch	Victoria
8:15 - 9:25	Yoga (Vinyasa Flow) - BSt	Heather I.
8:30 - 9:25	CardioMix - Gym	Lisa/Charla
8:45 - 9:30	Pilates	Victoria
9:00 - 10:00	AquaFit - Pool	Burke
9:25 - 9:40	Core - Gym	Charla
9:35 - 10:00	Foundation Training	Lisa
9:40 - 10:10	QuickShots - Box	Suzanne
9:40 - 10:30	Sculpt - Gym	Charla
10:05 - 10:55	Yoga (Vinyasa Flow)	Tanasha
10:00 - 10:55	Nia - BSt	Susan G.
10:15 - 10:45	*QuickShots - Box	Suzanne
11:00 - 11:55	Yoga Stretch	Beverly
Time (p.m.)		
12:00 - 12:55	Hip Hop Cardio	Colleen
12:15 - 12:45	*Quick Shots - BSt	Lauren R.
1:00 - 2:15	Yoga (Yin)	Martha
4:30 - 5:25	TurboKick	Amy W.
5:30 - 6:20	Group Cycling - RS	Heather T.
5:30 - 6:25	Pilates	Jackie
5:30 - 6:25	Barre - BSt	Matthew
5:45 - 6:45	Hl2T2 - Gym	Emily R.
6:30 - 7:45	Yoga (Yin)	Sabra

Wednesday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Christine B.
5:10 - 5:40	*QuickShots - DUC	Stacey
5:30 - 6:30	Banded	Lee Ann
5:40 - 6:30	Group Cycling - RS	Mike S.
5:45 - 6:15	*QuickShots - BSt	Emily R.
5:50 - 6:20	*QuickShots - DUC	Stacey
6:20 - 6:50	*QuickShots - BSt	McKenzie
8:00 - 8:55	Sculpt	Hannah
8:30 - 9:20	P90X - BSt	Amy W.
9:00 - 9:55	Zumba Mix	Beverly
9:00 - 10:00	AquaFit - Pool	Hannah
9:30 - 10:30	Cardio Barre - BSt	Lauren
9:40 - 10:10	*QuickShots - Box	Lee Ann/Burke
10:00 - 10:55	Power Pump	Colleen
10:15 - 10:45	*QuickShots - Box	Lee Ann/Burke
10:45 - 11:45	Yoga on the Ball - BSt	Jeanie
11:00 - 11:55	Pilates	Danielle
Time (p.m.)		
12:00 - 12:50	Group Cycling - RS	Carla
12:00 - 12:55	Yoga (Vinyasa Flow)	Vesper
1:00 - 1:55	Senior Weights	Jeff
4:15 - 5:00	Rhythm RYDE - RS	Jen
4:15 - 5:10	Hip Hop/Latin Spice	Marion
4:30 - 5:20	PiYo - BSt	Amy W.
5:15 - 6:15	Yoga (Foundations)	Heather I.
5:30 - 6:20	Performance Cycling - RS	Krissa
5:30 - 6:20	P90X - Gym	Eddie
5:30 - 6:25	Barre - BSt	Danielle
6:20 - 7:10	Zumba	Sandy
6:45 - 7:15	*QuickShots - BSt	Ingrid
7:30 - 8:30	Yoga (Vinyasa Flow) - BSt	Stephanie

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Thursday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Delena H.
5:10 - 5:40	*QuickShots - DUC	Jessica
5:35 - 6:35	Power Pump	Kris
5:40 - 6:20	Performance Cycling - RS	Joe
5:45 - 6:15	*QuickShots - BSt	Emily D.
5:50 - 6:20	*QuickShots - DUC	Jessica
6:20 - 6:50	*QuickShots - BSt	Emily D.
8:00 - 8:40	Stretch	Victoria
8:15 - 9:25	Yoga (Vinyasa Flow) - BSt	Heather I.
8:30 - 9:30	Cardio Mix - Gym	Lisa/Amy W.
8:45 - 9:30	Pilates	Victoria
8:45 - 9:35	Group Cycling - RS	Cary
9:00 - 10:00	AquaFit - Pool	Anna S.
9:35 - 10:00	Foundation Training	Pat
9:40 - 10:10	*QuickShots - Box	Emily E.
10:05 - 11:20	Yoga (Vinyasa Flow)	Tanesha
10:15 - 10:45	*QuickShots - Box	Emily E.
Time (p.m.)		
12:00 - 12:55	TBC - Fitness Floor	Carla
12:00 - 12:55	Barre - BSt	Susan G.
12:15 - 12:45	*QuickShots	Lauren R.
1:00 - 2:10	Yoga (Yin)	Julia
4:30 - 5:25	PiYo	Dena
5:30 - 6:20	Beat Box	Lee Ann/Burke
5:30 - 6:25	Barre - BSt	Matthew
6:00 - 7:00	Go! Running Run - GR	Gary
6:30 - 7:25	Pilates	Matthew
6:30 - 7:45	Yoga (Yin) - BSt	Shannon

Friday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Christine B.
5:10 - 5:40	*QuickShots - DUC	Angie
5:35 - 6:35	Stretch	Kris
5:40 - 6:30	Group Cycling - RS	David
5:45 - 6:15	*QuickShots - BSt	Emily R.
5:50 - 6:20	*QuickShots - DUC	Angie
6:20 - 6:50	*QuickShots - BSt	Melissa/Brooke
8:00 - 8:55	Sculpt	Aimee
8:15 - 9:15	Banded - BSt	Lee Ann
8:30 - 9:45	TBC - Gym	Carla
9:00 - 9:55	Hip Hop Cardio	Colleen
9:00 - 10:00	AquaFit - Pool	Destanee
9:30 - 10:30	Yoga (Hot) - BSt	Heather I.
9:40 - 10:10	*QuickShots - Box	Lauren R.
10:00 - 10:45	Rhythm RYDE - RS	Jen
10:00 - 10:55	Pilates	Mathew
10:15 - 10:45	*QuickShots - Box	Lauren
11:00 - 12:05	Yoga Stretch	Beverly
Time (p.m.)		
12:00 - 12:50	Performance Cycling - RS	Krissa
12:10 - 1:00	Sculpt	Beverly
4:15 - 5:15	Hip Hop Latin Spice	Joshua
4:30 - 5:15	Step - BSt	Trish

Saturday

Time (a.m.)	Class	Instructor
7:05 - 7:35	*QuickShots - BSt	Melissa/Brooke
7:45 - 8:15	*QuickShots - BSt	Melissa/Brooke
8:00 - 9:00	Power Pump	TBA
8:30 - 9:20	PiYo - BSt	Amy W.
8:30 - 9:20	Group Cycling - RS	Heather T.
8:45 - 10:00	H12T2 - Gym	Lee Ann/Burke
9:00 - 10:00	AquaFit - Pool	Anna S.
9:30 - 10:25	TurboKick	Amy
10:00 - 11:00	Yoga (Power) - BSt	Chimeg
10:15 - 11:15	Sculpt - Gym	Mollie
10:30 - 11:30	Zumba	Lindsey B.
Time (p.m.)		
4:00 - 5:30	Yoga (Hot)	Heather

Sunday

Time (a.m.)	Class	Instructor
8:05 - 8:35	*QuickShots - BSt	Katie S.
8:45 - 9:15	*QuickShots - BSt	Katie S.
9:30 - 10:30	Yoga (Power) - BSt	Chimeg
Time (p.m.)		
1:00 - 1:55	Zumba	Sandy
2:00 - 2:50	Performance Cycling - RS	Krissa
2:00 - 2:55	Yoga Stretch	Beverly
2:30 - 3:30	PiYo - BSt	Heather T.
3:05 - 4:05	Power Pump	TBA
4:00 - 5:00	Barre - BSt	Lauren
4:15 - 5:10	Insanity	Ali
5:30 - 6:45	Yoga (Yin)	Martha

RS - Ryde Studio, BSt - Barre Studio, Box - The Box, RC - Racquetball Court, GR - Go! Running, DUC - Down Under Center

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of eight participants to remain on the schedule.

*Register on the app, at lrac.com or at a desk.

Group Exercise Classes



AquaFit

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Banded

While small enough to fit in your pocket, the unassuming resistance band shows no mercy in this class. Specifically, BANDED blends smaller, low impact movements that generate an intense muscular burnout from multiple angles with dynamic movement to target larger muscle groups and build lean body mass

Barre

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

Beat Box

Beatbox is a high-energy workout that fuses intervals of high intensity cardio kickboxing with diverse resistance training elements to improve muscular endurance and strength. Beatbox utilizes the tempo of the music to pace the entire workout, hence, the "Beat" in Beatbox.

Cardio Barre

This class provides a fun, energetic, and fast paced environment to lift your derrière and tighten your core! It is a unique barre experience that combines traditional techniques with high-intensity cardio and strength training to increase your heart rate and sculpt your entire body. Come feel the burn and embrace the shake!

CardioMix

A blend of aerobic activity and interval training designed to get you in great shape and burn calories.

Core

Join us for abdominal and back strengthening exercises.

Foundation Training

Foundation Training's easy to learn exercises, strengthen the back, improve posture and mobility. Improved movement patterns are a direct benefit of practicing foundation training.

Group Cycling

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level.

H12T2

The goal of this class is to hold an anaerobic state for a long cumulative time using short bursts of high intensity exercise. Utilize H12T2 training to improve your health, increase fat and weight loss, and improve your strength and stamina. This class uses the same exercises and workouts utilized by elite athletes and the U.S. military.

Hip Hop Cardio/Latin Spice

It's hip, it's hot, it's the latest dance grooves set to the hottest music, latin or otherwise. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

Jump Rope

Great for fat burning and endurance, jumping rope also improves balance, agility, coordination and overall speed. All fitness levels are welcome and you don't have to be a pro with the rope. We will show you all the tricks.

Insanity

INSANITY uses maximum intensity exercise, trading intervals of work with periods of rest. Participants of all fitness levels will do cardio and plyometric drills with intervals of strength, power, resistance and core training.

NIA

Nia is a blend of dance and martial arts done barefoot to a variety of international music. Participants will receive cardiovascular conditioning and increased

muscle tone and flexibility. Nia is adaptable for any fitness level from stiff beginners to highly fit athletes. Go to www.nianow.com for more information. Nia celebrates the joy of movement!

Performance Cycling

The Performance Cycling classes use our Spivi video software and tracking tools to help you improve your performance and overall fitness. This class is for everyone - you don't have to be a road pro to participate.

Rhythm RYDE

In this class we whoop it up and work it out on the bike. You (and your abs) will be fully engaged on this mixed interval ride. With life size dance videos playing for motivation, you'll shred calories while the time flies by.

P90X

A total-body, cardio, and strength training class that uses body weight as well as dumbbells, barbells, weight plates and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities. Join a community where there's friendly competition, encouragement, and personal fitness breakthroughs.

Pilates

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

Pi/Yo

PiYo is a music-driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and yoga. It includes modifications and progressions to accommodate and challenge all fitness levels.

Group Exercise Classes

Power Pump

Strength training using an easily adjusted barbell weight set. It is a muscular endurance workout blending moderate resistance training with high repetitions.

QuickShots

High-intensity resistance training program that takes participants through one big muscle lovin' journey, targeting both big and smaller accessory muscles from head to toe every week in an efficient, 30-minute format. Each "shot" is unique and focused on upper body, lower body or core.

Sculpt

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

Senior Weights

This class is designed for people with arthritis, fibromyalgia, back pain, and those who have undergone joint replacements. Join us for light conversation and work to increase range of motion, strength, balance, coordination, and flexibility.

Step

A cardiovascular workout using the step. Sequences are introduced and developed as the class progresses.

Tai Chi

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition

Total Body Conditioning (TBC)

A high intensity circuit cardio/strength conditioning class.

Turbo Kick

Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it!

Yoga - Foundations

Foundation classes are suitable for beginners, but open to all levels of practitioner. A Foundation class will provide instruction on correct alignment for various common postures, conscious breathing principles as relaxation techniques. Expect a slower pace that will challenge you but not overwhelm.

Yoga - Hot

Hot Yoga is done in 90+ degree heated and humidified room. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.

Yoga on the Ball

In this class, the Swiss ball serves as both a help and intentional hindrance. For moves that require endurance and flexibility it provides extra support. On the flip-side, it also presents a "balance challenge." Try it and fire up those less frequently used muscles.

Yoga - Power

Intermediate to Advanced practice, but All Levels are welcome. Power Yoga moves more quickly between poses with a focus on building strength, and incorporates a more advanced flow with powerful holds, twists, balance and movement. Having some practiced yoga experience is recommended.

Yoga - Vinyasa Flow

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are

encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

Yoga - Yin

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and spine improving stability in the low back and knees. Postures take place on the floor and are held for longer periods of time. Yin yoga restores energy, calms the nervous system and helps in injury prevention and joint health.

Yoga Stretch

This class is a traditional Hatha yoga class with an emphasis on stretching. The practice is held in a calming environment to improve your flexibility, strength and balance.

Zumba

This class fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that's fun and easy to do. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor into the mix and you've got ZUMBA!

Zumba Mix

This class combines the best of Zumba and Sculpt.