

Group Exercise Schedule

EFFECTIVE: MARCH 1, 2020

Monday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Neill
5:05 - 6:05	CrossFit	Brenda
5:10 - 5:40	*QuickShots - DUC	Morgan W.
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	Morgan W.
6:00 - 6:30	Jump Rope - RC	Betsy
6:20 - 6:50	*QuickShots - BSt	McKenzie
8:00 - 8:55	Sculpt	Lisa
8:30 - 9:30	CrossFit	JD
8:30 - 9:45	TBC - Gym	Carla
8:45 - 9:35	Group Cycling - RS	Cary
9:00 - 9:50	HypeFlow - BSt	Amy W.
9:00 - 9:55	Zumba Mix	Beverly
9:00 - 10:00	AquaFit - Pool	Linda
9:40 - 10:10	*QuickShots - Box	Delana
10:00 - 10:55	Yoga Stretch	Beverly
10:15 - 10:45	*QuickShots - Box	Delana
11:00 - 11:45	Legends	Amy
11:00 - 11:55	Pilates	Daneille
Time (p.m.)		
12:00 - 12:50	Group Cycling - RS	Martha
12:00 - 12:55	Yoga (Vinyasa Flow)	Tanisha
12:00 - 12:55	Barre - BSt	Susan G.
12:15 - 1:15	CrossFit	Amy
1:05 - 1:55	Senior Weights	Jeff
2:00 - 3:30	Tai Chi for Balance	Ileina
4:15 - 5:00	Rhythm RYDE - RS	Jen
4:15 - 5:10	Hip Hop/Latin Spice	Marion
5:00 - 6:00	CrossFit	Steven
5:15 - 6:15	Yoga (Vinyasa Flow)	Sherri
5:30 - 6:20	Group Cycling - RS	Nancy
5:30 - 6:30	Cardio Barre - BSt	Lauren
6:00 - 7:00	CrossFit	Steven
6:20 - 7:10	Hip Hop Latin Spice	Joshua
6:45 - 7:15	*QuickShots - BSt	Burke
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.
5:05 - 6:05	CrossFit	Steven
5:10 - 5:40	*QuickShots - DUC	Jessica D.
5:30 - 6:20	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	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
8:30 - 9:30	CrossFit	Steven
8:45 - 9:30	Pilates	Victoria
9:00 - 10:00	AquaFit - Pool	Kelley
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)	Tanisha
10:10 - 11:05	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	Burke
12:15 - 1:15	CrossFit	Steven
1:10 - 2:15	Yoga (Yin)	Martha
4:30 - 5:20	Shift	Amy W.
5:00 - 6:00	CrossFit	Steven
5:30 - 6:20	Group Cycling - RS	Heather T.
5:30 - 6:25	Pilates	Jackie
5:30 - 6:25	Barre - BSt	Matthew
6:00 - 7:00	Charlie Mike/CrossFit - Gym	Carlos
6:30 - 7:45	Yoga (Yin)	Sabra
6:45 - 7:15	*QuickShots - BSt	Emily R.

Wednesday

Time (a.m.)	Class	Instructor
5:05 - 5:35	*QuickShots - BSt	Emily R.
5:05 - 6:05	CrossFit	Brenda
5:10 - 5:40	*QuickShots - DUC	Burke
5:30 - 6:30	Banded	Lee Ann
5:40 - 6:30	Group Cycling - RS	Mike S.
5:45 - 6:15	*QuickShots - BSt	Christine B.
5:50 - 6:20	*QuickShots - DUC	Burke
6:20 - 6:50	*QuickShots - BSt	McKenzie
8:00 - 8:55	Sculpt	Hannah
8:30 - 9:20	Lift + Shift - BSt	Amy W.
8:30 - 9:30	CrossFit	JD
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
11:00 - 11:45	Legends	Amy
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
12:15 - 1:15	CrossFit	Amy
1:05 - 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	Lift - BSt	Eddie
5:00 - 6:00	CrossFit	Steven
5:15 - 6:15	Yoga (Foundations)	Heather I.
5:30 - 6:20	Performance Cycling - RS	Krissa
5:30 - 6:25	Barre - BSt	Danielle
6:00 - 7:00	CrossFit	Steven
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.
5:05 - 6:05	CrossFit	Brenda
5:10 - 5:40	*QuickShots - DUC	Jessica D.
5:30 - 6:20	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	Brooke
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.
8:30 - 9:30	CrossFit	JD
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	Lee Ann/Burke
10:05 - 11:20	Yoga (Vinyasa Flow)	Tanisha
10:15 - 10:45	*QuickShots - Box	Lee Ann/Burke
Time (p.m.)		
12:00 - 12:55	TBC - Fitness Floor	Carla
12:00 - 12:55	Barre - BSt	Susan G.
12:15 - 12:45	*QuickShots	Delana
12:15 - 1:15	CrossFit	Amy
1:10 - 2:15	Yoga (Yin)	Julia
4:30 - 5:20	HypeFlow	Amy W.
5:30 - 6:15	Rhythm Ryde - RS	Nikki
5:00 - 6:00	CrossFit	Steven
5:30 - 6:20	Beat Box	Lee Ann/Burke
5:30 - 6:25	Barre - BSt	Matthew
6:00 - 7:00	CrossFit	Steven
6:30 - 7:25	Pilates	Matthew
6:45 - 7:15	*QuickShots - BSt	TBA

Friday

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

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	Mollie
8:30 - 9:00	Mobility	Anna
8:30 - 9:20	Group Cycling - RS	Heather T.
8:45 - 10:00	HI2T2 - Gym	Lee Ann/Burke
9:00 - 10:00	AquaFit - Pool	Anna S.
9:00 - 10:00	CrossFit	Anna
9:30 - 10:20	HypeFlow	Amy
10:00 - 11:00	Yoga (Power) - BSt	Chimeg
10:15 - 11:15	Sculpt - Gym	Mollie
10:30 - 11:15	Legends	Tim F.
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
4:15 - 5:05	Shift	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 derriere 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!

Charlie Mike (CM)

In the military, "Charlie Mike" means "continue mission," i.e. keep pressing forward. CM builds upon the HI2T2 class format by adding elements of CrossFit and strength training. Come join us and continue your mission as we "Try, Believe and Conquer!"

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.

Crossfit

A CrossFit WOD ("workout of the day") consists of functional fitness exercises, done quickly, for a set period of time, in a set format and for a score. All workouts are scalable and all fitness levels are welcome.

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.

HI2T2

The goal of this class is to hold an anaerobic state for a long cumulative time using short bursts of high intensity exercise. Utilize HI2T2 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").

HypeFlow

HypeFlow is a unique and transformative low light experience on the mat. In this nonstop beat driven workout, you'll sweat, stretch and strengthen in a series of dynamic yoga-inspired flow sequences set to the hottest music. No yoga experience required - just go with the flow in this energizing class.

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.

Legends

Legends is CrossFit tailored for people 50+ years old.

Lift

Lift utilizes weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe and progressive movements ensure no fitness level is left behind.

Mobility

The goal of this class is to find "sticking points in movement" so that participants can begin to address them, increasing flexibility and range of motion.

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.

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.

Group Exercise Classes

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.

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.

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.

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.

Shift

You'll torch up to 500 calories in as little as 30 minutes in this interval based class. You'll improve your fitness, strength, mobility, balance, speed and agility (and your abs... if that's what you're after).

Step

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

Tai Chi for Balance

Using tai chi's mindful movements, this class will use an evidence-based form that improves balance, breath and relaxation. It consists of basic 6 core movements and extension movements. Advanced movements will be introduced when appropriate. Certified tai chi trainers stress safety, modifications and enjoyment! Short tea time follows class practice.

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 - 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.