

# Group Fitness Schedule

EFFECTIVE: October 13, 2014  
Subject to Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycle RT ®	Pump/Cxpress 1	Cycle RT ®	Cycle RT ® Combat/Flow 1	LES MILLS BODYPUMP 1 ®
8:00am		TAPOUT H2O MP		Deep Water Athletics MP	Splash ABC MP
8:45am	LES MILLS BODYVIVE 2		Moderate Moves 3		LES MILLS BODYVIVE 2
9:00am	Walking Waters LP	Walk & Sculpt LP	Walking Waters LP	Aqua Sculpt & Tone LP	Walking Waters LP
9:15am	LES MILLS BODYCOMBAT 1	LES MILLS BODYPUMP 1 ®	Kickbutt Boxing 1	LES MILLS BODYATTACK 1	
		Step I.T. 2	R.E.V. 2	TBT Cycle RT ® Step 45 2	Cycle RT ®
9:30am	Strong & Lean 2 Bike, Booty & Beyond ®	Tabata AF			SH'BAM 1 Butts, Guts & Beyond 2
9:45am	Aqua Combo MP		Aqua Zumba MP		
10:15am	ZUMBA 1 CXWORX 2		SH'BAM 1	CXWORX 2	LES MILLS BODYPUMP 1 ®
10:30am	Yoga Flex 3	Pilates Mat 2	Pilates Fusion 2	LES MILLS BODYFLOW 1	Yoga Flex 3
10:45am			Gentle Yoga 3		
1:00pm	LES MILLS BODYPUMP 1 ®	LES MILLS BODYFLOW 1		LES MILLS BODYPUMP 1 ®	
4:45pm	LES MILLS BODYVIVE 1	LES MILLS BODYPUMP 1 ®	LES MILLS BODYVIVE 1	Butts N' Guts 1	LES MILLS BODYPUMP 1 ®
5:30pm	CXWORX 1		CXWORX 1	LES MILLS BODYPUMP 1 ®	
6:00pm	LES MILLS BODYATTACK 1 Yoga Flex 2	ZUMBA 1 R.E.V. Extreme 2	LES MILLS BODYCOMBAT 1 Tabata 2	R.E.V. 2	
6:15pm	Cycle RT ®		Cycle RT ®		
6:30pm		Cycle RT ®			
7:00pm	LES MILLS BODYPUMP 1 ® ZUMBA 2	LES MILLS BODYFLOW 1	LES MILLS BODYJAM 1		Yoga Flex 3
7:30pm	Walking Waters LP	Aqua Sculpt & Tone LP		Walk & Sculpt LP	

Time	Saturday	Sunday
8:00am	Cycle 60 ®	
8:15am	LES MILLS BODYATTACK 1	Cycle 60 ® LES MILLS BODYCOMBAT 1
8:30am	SH'BAM 2	Basic Step45 2
8:45am	Aqua Zumba RP	
9:15am	CXWORX 2 Cycle RT ®	
9:30am	LES MILLS BODYPUMP 1 ®	LES MILLS BODYPUMP 1 ® Yoga Flex 3
10:00am	LES MILLS BODYFLOW 2	

**\*CHANGES IN YELLOW**

- 1 = Group Fitness Studio 1
- 2 = Group Fitness Studio 2
- 3 = Group Fitness Studio 3
- = Cycling Studio
- ® = Online Resv. Necessary
- LP = Leisure Pool
- RP = Rec Pool
- MP = Main Pool
- AF = Arena Field
- OF = Outdoor Field



THE ARENA CLUB GROUP EXERCISE PAGE

## ALL LEVELS

(☺) Indicates “all level” classes that are a great place to start!

**Basic Step45 (45 minutes) ☺**

No fancy footwork – basic STEP patterns with options shown for regulating intensity.

**\*Bike, Booty and Beyond (75 minutes)**

**NEW! Enjoy your 45 minute cycling class followed by 30 minutes of various field work.**

**BODYPUMP (60 minutes)**

It's the “original” Barbell class that will sculpt, tone and strengthen your entire body, fast!

**BODYJAM (60 minutes)**

Think dance school...the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

**BODYVIVE (60 minutes) ☺**

BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. (Xpress = 45 min.)

**Butts N' Guts (45 minutes) ☺**

A workout focused on progressive abdominal/core and lower body training.

Go “beyond” for 60 minutes.

**Cycle Road Trip (RT) (45 minutes)**

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the “off season.” “60” indicates a 60 minute class.

**Moderate Moves (45 minutes) ☺**

If you're looking for a gentle approach to exercise, then this class is for you!

Fundamental cardio patterns are combined with exercises designed to develop body awareness, stability, and confidence in movement.

**SH'BAM (45 minutes)**

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged.

**Step 45 (45 minutes)**

Not too basic, not too extreme...just right.

Intermediate step patterns provide just the right amount of flavor to your cardio workout.

**Step I.T. (75 minutes) ☺**

Intervals of cardio step training and conditioning blend together to create a challenging and dynamic workout.

**Strong & Lean (45 minutes)**

Not your traditional strength training...get strong and lean with alternative training techniques and tools. A total body blast that changes the way you train.

**\*TBT CYCLE RT (45 minutes)**

**NEW THROWBACK THURSDAY!**

**Cycling class with a few songs from various past decades!**

**ZUMBA (60 minutes) ☺**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

## INTERMEDIATE TO ADVANCED LEVEL

**BODYATTACK (60 minutes)**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**BODYCOMBAT (60 minutes)**

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. (Xpress = 45 min.)

**\*Combat/Flow**

**30 minutes of BodyCombat followed by 30 minutes of BodyFlow.**

**CXWORX (30 minutes)**

At the intersection of science and personal training lies a new kind of group fitness workout...a workout that will tighten and tone your abs, back and butt like nothing else before.

**Kickbutt Boxing (60 Minutes)**

An energetic whole body workout using kicks, punches, strikes and blocks to challenge your fitness level and reshape your body. Incorporates contact hits in a drill-based format

**PUMP/CXpress™ (60 minutes)**

You want it all? Now you can have it all in one class. A combo of BodyPump and CXWORX in a condensed 60 minutes format.

**R.E.V. (60 minutes)**

Resistance, Endurance, Variety

A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more! 45 indicates a 45 min. class.

**R.E.V Extreme. (60 minutes)**

R.E.V. with a higher intensity kick!

**Tabata (45 minutes)**

High Intensity Interval Training using the 20/10 Tabata protocol. Not a class for the weak of mind or body. It will truly challenge you to move to your next level of fitness and performance.

## MIND-BODY

**BODYFLOW (60 minutes) ☺**

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

**Gentle Yoga (45 minutes) ☺**

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

**Pilates Mat (45 minutes) ☺**

Pilates mat is a series of exercises which focus on the “powerhouse” or core of the body to develop strength, increase flexibility, improve posture and create a balanced physique. **CONSULT THE INSTRUCTOR IF YOU HAVE PHYSICAL LIMITATIONS OR INJURIES.**

**Pilates Fusion (45 minutes)**

Pilates based exercises that focus on core strength, flexibility and will help develop longer/leaner muscles. This is **NOT** a *beginners* Pilates class. This will help you take Pilates principles to the next level by fusing a variety of core conditioning exercises.

**Yoga Flex (60 minutes) ☺**

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

## AQUATIC PROGRAMS

**Aqua Combo (45 minutes)**

"Aqua Combo" is an invigorating cardiovascular fitness class open to all fitness levels. Participants will use buoys, noodles and/or steps in all depths of water.

**Aqua Sculpt & Tone (45 minutes) ☺**

Familiar strength and conditioning exercises in the water. Reshape your body and improve definition with tubing, buoys, noodles and kick-boards.

**Aqua ZUMBA (45 minutes)**

The “pool party” workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

**Deep Water Athletes (45 minutes)**

This class pushes cardiovascular training and core strength to the next level. It's the perfect way to cross train. Geared for the intermediate to advanced fitness enthusiast. Flotation belts provided.

**TAPOUT H2O (45 minutes)**

Class is a unique blend of kickboxing and martial arts structured for a fluid workout. Expect a high intensity, power-packed circuit that fosters strength and grace.

**Splash A.B.C. (45 minutes)**

**Aqua Boot Camp** invites participants of all fitness levels to enjoy interval training in the pool. Challenge your cardio by travelling to deep water and back to shallow.

**Walk & Sculpt (45 minutes) ☺**

Features 2 minutes of water walking followed by 2 minutes of stationary muscle sculpting. Get your cardio training and strength training done in one, 45 minute class.

**Walking Waters (45 minutes) ☺**

This class offers a gentler approach to fitness. Class focus is on better balance, improved posture and joint range of motion. A great place to start if you are new to aqua fitness.