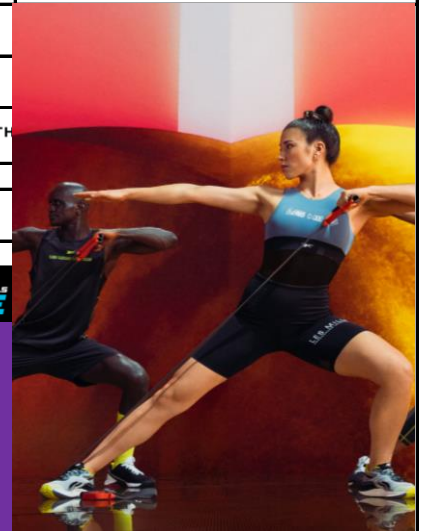




# Studio Group Exercise Schedule

Effective: August 3, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am						<b>LIVE</b> Bronson Wellness Center instructor lead class  Les Mills Virtual class displayed on video wall	
5:15am	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>		
5:30am							
5:45am							
6:00am							
6:15am	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>		
6:30am							
6:45am							
7:00am	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS CORE</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>
7:15am							
7:30am							
7:45am							
8:00am	<b>LES MILLS CORE</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS CORE</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>
8:15am						<b>LIVE</b>	
8:30am							
8:45am							
9:00am	Total Body Conditioning	Core Stength by Dar	Total Body Conditioning	<b>LES MILLS BODYPUMP</b>	Total Body Conditioning	Total Body Conditioning	<b>LES MILLS CORE</b>
9:15am							
9:30am	<b>LIVE</b>	<b>LIVE</b>	<b>LIVE</b>		<b>LIVE</b>	<b>LIVE</b>	
9:45am							
10:00am	Morning Mat(ers) Yoga	Yin Yoga 60 Min	Morning Mat(ers) Yoga	Yin Yoga 60 Min	Stretch & Tone	Yoga 60 Min	<b>LES MILLS BODYPUMP</b>
10:15am							
10:30am	<b>LIVE</b>	<b>LIVE</b>	<b>LIVE</b>	<b>LIVE</b>	<b>LIVE</b>	<b>LIVE</b>	
10:45am							
11:00am	<b>LES MILLS CORE</b>		<b>LES MILLS CORE</b>		<b>LES MILLS SH'BAM</b>		<b>barre</b>
11:15am							
11:30am							
11:45am							<b>BORN TO MOVE</b>
12:00pm	<b>LES MILLS GRIT   STRENGTH</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYCOMBAT</b>	11:45am - 15 min
12:15pm							12:15pm - 20 min
12:30pm							Family Time Rules Apply
12:45pm							Ages 5 - 12
1:00pm		Basic Yoga		Basic Yoga	<b>barre</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>
1:15pm	<b>LES MILLS BODYBALANCE</b>	<b>LIVE</b>	<b>LES MILLS BODYBALANCE</b>	<b>LIVE</b>			
1:30pm	<b>LIVE</b>		<b>LIVE</b>				
1:45pm							
2:00pm						<b>LES MILLS CORE</b>	<b>LES MILLS BODYBALANCE</b>
2:15pm	<b>barre</b>	<b>LES MILLS SH'BAM</b>	<b>LES MILLS CORE</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYATTACK</b>		
2:30pm							
2:45pm							
3:00pm	<b>LES MILLS BODYCOMBAT</b>	<b>barre</b>	<b>LES MILLS GRIT   STRENGTH</b>	<b>LES MILLS CORE</b>	<b>LES MILLS SH'BAM</b>		
3:15pm							
3:30pm							
3:45pm							
4:00pm	<b>LES MILLS BODYATTACK</b>		<b>LES MILLS CORE</b>		<b>LES MILLS GRIT   STRENGTH</b>		
4:15pm							
4:30pm		Cardio Drumming		Cardio Drumming			
4:45pm	<b>LES MILLS BODYPUMP</b>	<b>LIVE</b>	<b>LES MILLS GRIT   STRENGTH</b>	<b>LIVE</b>	<b>LES MILLS BODYPUMP</b>		
5:00pm							
5:15pm							
5:30pm	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS CORE</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>BORN TO MOVE</b>		
5:45pm	<b>LIVE</b>		<b>LIVE</b>				
6:00pm					5:30pm - 15 min		
6:15pm					6:00pm - 20 min		
6:30pm	Yoga 60 Min	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>	6:30pm - 15 min		
6:45pm							
7:00pm	<b>LIVE</b>				Family Time Rules Apply		
7:15pm							
7:30pm		<b>LES MILLS BODYATTACK</b>	<b>LES MILLS CORE</b>	<b>LES MILLS BODYATTACK</b>			
7:45pm					Ages 5 - 12		



**Basic Yoga** - This all-level class is designed as a slower yoga flow. Class is slower paced and focused on developing clear and safe alignment in foundational poses. Basic props like blocks and blankets are used to support or deepen the postures. Great for beginners! Experienced yogis will also enjoy the sequenced flow. Class includes music and mindfulness. All bodies are welcome.

**BARRE** - LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights. If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

**BODYATTACK** - BODYATTACK™ is a high-energy fitness class with moves that cater from total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. LES MILLS™ virtual will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, and leaving you with a sense of achievement.

**BODYBALANCE** - LES MILLS BODYBALANCE is ideal for anyone and everyone. A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

**BODYCOMBAT** - A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**BODYPUMP™** - THE ORIGINAL BARBELL CLASS™ The ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**BORN TO MORE** - combines fitness and fun to help kids and preteens develop positive self-awareness, confidence and coordination. It allows children to experience the vitality and joy that comes from moving to music - and in turn, nurtures a life-long love of physical activity.

**Cardio Drumming** - A blend of cardio, endurance, and flexibility through inspiring music and movement that participants of all abilities can enjoy. This unique combination of music and total body movement increases the heart rate for a great cardio workout. This class is a fun and innovative way to build muscle stamina, relieve stress, improve coordination, and stimulate brain function. So, grab a ball and some drumsticks and get your DRUMMING on!

**CORE** - LES MILLS CORE™ is inspired by elite athletic training principles. CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and planks. Plus there are some hip, butt and lower back exercises too.

**Core Strength by Dar** - This 45 minute class is designed to strengthen the abdominal, hip and back muscles allowing for improved posture and mobility. Class begins with a structured warm-up, then introduces a variety of equipment and finishes with a complete stretch to deliver an amazing workout.

**GRIT Cardio** - LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT™ takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you "virtually", motivating you to go harder to get fit, fast.

**GRIT Strength** - LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT™ takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be challenging and motivating you to go harder to get fit, fast.

**Morning Mat(ers) Yoga** - This Vinyasa style flow class begins with quiet stillness and swiftly progresses to movement and flow that will energize the body, leaving class ready to start your day with vitality and energy. Whether new to yoga or practicing for years, participants will enjoy deepening their understanding of the postures and breath/body connection. This class can be moderately vigorous as individuals flow from one pose to the next guided by their breath and the supportive guidance of the instructor. Class includes music and mindful moments.

**SH'BAM™** - A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

**Stretch & Tone** - Release muscle tension, increase flexibility, improve range of motion, tone your body and add balance to your life. This class combines basic stretching and body firming exercises to help improve you overall wellbeing.

**Total Body Conditioning** - Get the cardio mix you crave and the resistance training you desire in this upbeat total body workout. You will move between heart pumping cardio and muscle building strength movements in this 45-minute action packed class. You will feel challenged and still want to come back for more...after a day's rest!

**Yoga** - In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

**Yin Yoga** - Yin Yoga is a passive practice focused on the connective tissues, with the aim of increasing circulation in the joints and improving flexibility. In this class you will be asked to engage with little muscular effort, and encouraged to settle in to the inner stillness to cultivate awareness of your personal practice. Class includes music and may include meditation. All bodies are welcome.

