

# Group Exercise - Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	<b>BodyPump</b> (Alyssa)		<b>BodyPump</b> (Meghan)		<b>BodyPump</b> (Susie)		
6:45am							
8:00am		<b>Beyond Barre</b> (8:15) (Barb)				<b>BodyPump</b> (Lauren)	<b>Total Barre</b> (Elizabeth)
9:00am	<b>Zumba</b> (Sharon)	<b>STRONG</b> (Jen) (9:15)	<b>BodyCombat</b> (Natalie)	<b>Total Barre</b> (Norma)	<b>BodyCombat</b> (Natalie)		<b>Body-Combat</b> (9:30) (Rotation)
10:00a	<b>BodyPump</b> (Sharon)		<b>BodyPump</b> (Sharon)		<b>BodyPump</b> (Natalie)	<b>Zumba</b> (Sharon/Jen)	<b>Body-Pump</b> (10:30) (Rotation)
11:00a	<b>Structurally Strong</b> (Shelly) (11:15)				<b>Structurally Strong</b> (11:15) (Lisa/Chris)		
4:30pm			<b>Beyond Barre</b> (Shelly)				
5:30pm		<b>BodyPump</b> (Maggy)	<b>STRONG Nation</b> (Jen)				
6:00pm				<b>STRONG 30</b> (Lauren)			
6:30pm							

- All BodyPump and Zumba classes are 1 hour formats.
- Les Mills Tone, Barre, STRONG, structurally strong, and BodyCombat formats are 45min. STRONG 30 is an express class lasting 30 minutes.
- All classes can be reserved 24hrs in advance on [www.myiclubonline.com](http://www.myiclubonline.com)

Revised: 4/30/2021

These classes are included in your membership

## BodyCombat – Les Mills

This empowering cardio workout is inspired by martial arts including karate, boxing, taekwondo, tai chi, and muay thai. Supported by driving music and a powerful role-model instructor, you will strike, punch, kick, and kata your way through calories to superior cardio fitness!

## BodyPump– Les Mills

The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

## Les Mills Tone

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

## Cardio Balance

This class is designed to work on balance and muscle toning with bursts of cardio, to improve mental sharpness and coordination. This class is great for all fitness levels and can be modified for all abilities.

## Structurally Strong

This class is geared for those with osteoporosis, although anyone is welcome to attend. Join in our activity program for stronger bones and a stronger structure.

## Cardio Tone

Blend it all - Cardio, strength, flexibility, toning, aerobic steps, circuit and interval training with so much more. This class is great for all fitness levels you can make it what you need it to be.

## Zumba

Zumba is an aerobic dance class full of Latin and other exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba targets areas such as the gluts, legs, arms, abdominals and the most important muscle of the body - the heart! The sexy and explosive Latin rhythms create a party-like atmosphere that delivers results!

## STRONG

This challenging music driven high intensity interval training work out will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

## STRONG 30 (express)

"A high intensity workout that offers total body challenge and tone in a time saving boot camp style HIIT format that is synchronized to motivating and powerful music."

## Zumba Gold

Zumba Gold is performed at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used. The Zumba® Gold program takes physical issues into consideration and strives to improve balance, strength, flexibility.

## Zumba Toning

If you love Zumba, you'll love Zumba Toning! Blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

## Bootcamp

Bootcamp combines a variety of high intensity cardio intervals with strength training drills to burn fat while increasing core stability, coordination, strength and muscular endurance. Get ready to build a stronger, fitter you!

## Core Express

This quick paced half hour long class format will allow you to get in a fantastic core strengthening session to allow you to target your core and back. This is the perfect start or end to your a class!

## Total Barre

Never dread a workout again! Total Barre's lively and vigorous workout will have you looking forward to your next class. This workout flows through high-powered sequences that specifically target the arms, legs, and core resulting in a long and lean physique. (Please wear sticky socks or bare feet)

## Cardio Kick Box

Cardio Kick Box is an all-encompassing workout that maintains high levels of aerobic performance to get your heart pumping. The class combines interval training with boxing moves and kicking maneuvers designed to maximize athletic performance

## Beyond Barre

Beyond barre is a unique body transformation workout that combines skating motions and ballet barre work. This class will burn fat, build lean muscle, tone your abdominals, and sculpt your body.