

STUDIO 1 / GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:45a 6:00a	Total Body Intervals 6:00a Megan		PumpRx 5:45a Megan	Total Body Intervals 6:00a Megan	PumpRx 5:45a Megan	8:30a	Total Body Intervals (Gym) Dana
8:15a	 ZUMBA Parham	BalanceRx Fitness Staff	 ZUMBA Hannah	BalanceRx Fitness Staff		8:15a	GymRx (Studio1) Megan
9:15a	PumpRx Alison	TransForm™ Laurie	PumpRx Jen	TransForm™ Alison	PumpRx Dana	9:30a	PumpRx Laurie
9:15a		GymRx (Gym) Megan		GymRx (Gym) Danielle	GymRx (Gym) Hannah	9:45a	 ZUMBA (Gym) Janie
10:05a	Healing Chairs (Gym) Shirley		Healing Chairs (Gym) Shirley			10:40a	TransForm™ Laurie
10:30a	YogaRx Tracy		YogaRx Jen				
4:40p	PumpRxpress Jen	TransForm™ Alison	PumpRxpress Alison	TransForm™ Laurie			
5:30p	PumpRx Laurie	 ZUMBA Georgina	PumpRx Dana	 ZUMBA Rena			
6:00p		Total Body Intervals (Gym) Terri		Total Body Intervals (Gym) Terri			
6:35p	TransForm™ Laurie	PumpRx Sarah	YogaRx Anu	PumpRx Sarah			
6:35p	Very Low Impact Intervals (Gym) Dana		Very Low Impact Intervals (Gym) Terri				

YELLOW INDICATES CLASSES ADDED THIS WEEK ONLY

STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:45a		Cycle Janie		Cycle Deanna		8:30a	Cycle Julie
9:00a	Cycle Terri		Cycle Danielle				
5:30p		Cycle Deanna		Cycle Lynn			
6:30p		YogaRx Deanna		YogaRx Jen			

"Rx" classes are great multi-level starting points for people new to LiveHealthy group exercise (PumpRx, BalanceRx, AquaRx, YogaRx).

Class Descriptions

Muscular Strength and Endurance

PumpRx - One of the fastest ways to get in shape! The PumpRx barbell class will sculpt, tone, strengthen and transform your entire body without adding bulk. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. PumpRx challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge choreography and chart-topping music is refreshed every three months, so with your choice of weight and trained instructors, you can get The GroupRx Advantage and the results you've been looking for. **Intensity: Moderate to High**

Total Body Intervals (land and water) - One of the best ways to burn calories and increase energy! Total Body Intervals will push you to be your best. Brief bursts of high-intensity work followed by short recovery periods boost metabolism and burn more calories.

Land: Total Body Intervals will teach you how to burn calories, add strength, improve balance and gain flexibility.

Water: buoyancy allows you to move with ease which allows you to work at a **higher intensity with less impact on the body**. Show up and GET AFTER IT. **Intensity: completely up to you! Low, Moderate or High**

Very Low Impact Intervals – (Aqua Alternative class) One of the best ways to burn calories and increase energy! Very Low Impact Intervals will push you to be your best. Brief bursts of high-intensity work followed by short recovery periods boost metabolism and burn more calories. **Intensity: completely up to you! Low, Moderate or High**

BalanceRx – The low-impact, whole body group fitness workout that uses balls, tubes, dumbbells, body weight and cardio machines to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength and balance. There are inspirational instructors and music to motivate you. The result of consistent attendance -- you'll be fizzing with energy, so you can really take on life! **Intensity: Low to Moderate**

TransForm™ - This fusion of Yoga/Pilates-inspired moves with athletic sport movements gives you a template to TRANSFORM your body and mind. STRENGTHEN the entire body with quick lunges, wide squat jacks and Warrior poses. Your BALANCE starts with the feet and stabilizes the upper body and other single-leg challenges. Light up your core with functional and traditional strengthening movements. Fuel your SOUL with inspiring and motivating music that is refreshed every three months. Each challenge is PROGRESSIVE so you can self-guide your intensity. **Intensity: Moderate**

Children age 13 to 17 may attend Group Exercise classes under the following conditions:

- 1. Class start time is within LiveHealthy Dependent Hours. (Ex., 5:15pm OK; 5:30pm, not OK; 6:35pm, not OK; Sat. 8:30am, not OK; Sat. 9:30am, OK)**
- 2. Parent/guardian must be participating in the class with children ages 13 to 15.**

Cardiovascular Endurance

AquaRx - The aqua workout that provides a low-impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. Additional equipment, such as water noodles and hand buoys, may be incorporated into this great workout. **Intensity: Low to Moderate**

Aqua Zumba® - Known as the Zumba "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and exhilarating beyond belief. **Intensity: Low to Moderate**

Cycle - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. **Intensity: Moderate to High**

GymRx - (Aqua Alternative class) The workout that provides a low-impact, high-energy challenge for participants of all ages, skill and fitness levels. This dynamic cardiovascular workout tones and tapers the entire body. **Intensity: Low to Moderate**

Zumba® Fitness - There's no other fitness class like a Zumba® Fitness Party. It's easy to do, effective and totally exhilarating. Featuring exotic rhythms set to high-energy Latin and international beats, Zumba® is the perfect way to shape up and let out your inner star - even if you're dance challenged. Each Zumba® class is vibrant, unique and varied - and like many of the LiveHealthy programs, a new Zumba® release is produced every 2 months with new music and choreography. **Intensity: Moderate**

Mind/Body

Healing Waters - Experience deep inner warmth...pain relief...relaxation...stress relief...improved range-of-motion...gentle movement. Especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. All classes held in our 92° warm water Therapy Pool. **Intensity: Just right!**

Healing Chairs – (Aqua Alternative class) Have a seat...Experience relaxation...stress relief...improved range-of-motion...gentle movement. Especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. **Intensity: Just right!**

TransForm™ - This fusion of Yoga/Pilates-inspired moves with athletic sport movements gives you a template to TRANSFORM your body and mind. STRENGTHEN the entire body with quick lunges, wide squat jacks and Warrior poses. Your BALANCE starts with the feet and stabilizes the upper body and other single-leg challenges. Light up your core with functional and traditional strengthening movements. Fuel your SOUL with inspiring and motivating music that is refreshed every three months. Each challenge is PROGRESSIVE so you can self-guide your intensity. **Intensity: Moderate**

YogaRx - YogaRx builds flexibility and strength leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low to Moderate**