



STUDIO 1 / GYM / TREADMILLS	Time	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Time	Saturday 24
	5:45a 6:00a	<b>Total Body Intervals</b> 6:00a Julie		<b>PumpRx</b> 5:45a Laurie	<b>THANKSGIVING DAY</b> <b>LiveHealthy Hours:</b> <b>5:30am-1:00pm</b>	<b>PumpRx</b> NO CLASS	8:30a	<b>Total Body Intervals</b> (Gym) Terri
	8:15a		<b>BalanceRx</b> Fitness Staff		<b>9:00 - 9:55 am</b> <b>TURKEY BURN</b> with Megan			
	9:15a	<b>PumpRx</b> Alison	<b>TransForm™</b> Laurie	<b>PumpRx</b> Alaina		<b>PumpRx</b> Alison	9:30a	<b>PumpRx</b> Laurie
	10:30a	<b>YogaRx</b> Tracy	<b>TreadRx</b> (Treadmills) Tony	<b>YogaRx</b> Tracy	One big class in the Gym!		10:40a	 Janie
	4:40p	<b>PumpRxxpress</b> Jen	<b>TransForm™</b> Laurie	<b>PumpRxxpress</b> Alison				
	5:30p	<b>PumpRx</b> Laurie	 Parham	<b>PumpRx</b> NO CLASS				
	6:00p		<b>Total Body Intervals</b> (Gym) Tony					
6:35p	<b>TransForm™</b> Laurie	<b>PumpRx</b> Jade	<b>YogaRx</b> NO CLASS					

STUDIO 2	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	5:45a		<b>Cycle</b> Janie				8:30a	<b>Cycle</b> Julie
	9:00a	<b>Cycle</b> Tony		<b>Cycle</b> Danielle				
	10:30a	 Bridgit		 Parham			10:40a	<b>TransForm™</b> Laurie
	5:30p		<b>Cycle</b> Deanna					
6:30p		<b>YogaRx</b> Deanna						

POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	9:15a	 Bridgit	<b>AquaRx</b> Megan	 TBA		<b>AquaRx</b> Megan	8:30a	<b>AquaRx</b> Alison
	10:05a	<b>Healing Waters</b> Shirley		<b>Healing Waters</b> Shirley			9:30a	<b>Healing Waters</b> Shirley
	5:30p		<b>Healing Waters</b> Colleen					
6:30p	<b>Total Body Intervals</b> Danielle	 Annette	<b>Total Body Intervals</b> NO CLASS					

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

## 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**

**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**

**TreadRx** - TreadRx is the indoor treadmill workout held on the fitness floor where you walk or run as motivating music directs the pace. Led by a knowledgeable running/walking coach, travel vicariously over hill and dale using techniques like intervals, Fartleks and tempo variations. TreadRx is a very popular class; please arrive 15 minutes early. Treadmills cannot be reserved. *Offered seasonally.* **Intensity: Low, Moderate or High**

**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!**

**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**