

OCT

# PULSEology FITNESS CLUB

Group x  
(Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

LES MILLS  
**BODYPUMP**  
(NAN)

6:30 AM

7:30 AM

LES MILLS  
**BODYPUMP**  
(JEANNIE)

8:30 AM

**TABATA**  
(SHELLEY)

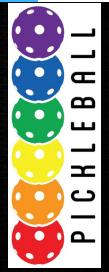
9:30 AM

TOTAL BODY TONE  
(SHELLEY)

10:30 AM

ZUMBA  
(ALMA)

12:00 PM- 3:00 PM



**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

3:30 PM

ZUMBA  
(ELIZABETH)

4:30 PM

5:30 PM

6:00 PM

LES MILLS  
**BODYPUMP**  
(BROOKE)

LES MILLS  
**tone**  
(PAM)

KICKBOXING  
(JOY)

ZUMBA  
(CHAMONI)

CORE & STRETCH  
(TOVAH)

12:00 PM- 5:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

BODY BLAST  
(JOY)

LES MILLS  
**BODYPUMP**  
(JEANNIE)

LES MILLS  
**BODYPUMP**  
(RACHEL)

LES MILLS  
**BODYPUMP**  
(PAM)

**TABATA**  
(JOY)

BUNS, GUNS & GUTS  
(JOY)

12:00 PM- 3:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

ZUMBA  
(ELIZABETH)

LES MILLS  
**BODYPUMP**  
(BROOKE)

CORE & STRETCH  
(PAM)

LES MILLS  
**tone**  
(RACHEL)

LES MILLS  
**BODYCOMBAT**  
(TOVAH)

ZUMBA  
(TERRIE/PATRICIA)

12:00 PM- 5:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

LES MILLS  
**tone**  
(BROOKE)

HIIT STRENGTH  
(BROOKE)

LES MILLS  
**BODYCOMBAT**  
(RACHEL)

LES MILLS  
**BODYPUMP**  
(PAM)

11:00 PM- 7:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

8:00 AM

BUILD & BURN  
(JOY)

9:00 AM

ZUMBA  
(TERRIE)

10:00 AM

LES MILLS  
**BODYPUMP**  
(ROTATING - SEE APP)

11:00 AM- 4:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

8:00 AM- 2:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

# Group X (Studio 1) - CLASS DESCRIPTIONS

## **BODY BLAST CIRCUIT**

Body Blast is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

## LES MILLS **BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

## LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## **BUNS, GUNS & GUTS**

Train and tighten all regions of Lower body, Upper body and core with this toning class. Using free weights and a variety of other equipment to help tone and strengthen muscles.

## **CORE STRETCH**

This class focuses on your entire core, including abdominals, glutes and torso muscles that provide foundational strength. This class is for all fitness levels and includes a 10+ minutes of full-body stretching.

## **HIIT STRENGTH**

High Intensity Interval Training using weights and body weight to work all muscle groups and get your heart rate into your highest zone, pushing your fitness to the next level.

## **KICKBOXING**

An action-packed workout that combines a series of punching and kicking combinations. This class improves strength, muscle tone, and endurance.



Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26-40 round holes, over a net

## **TABATA**

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds

## LES MILLS **tone**

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

## **TOTAL BODY TONE**

Kickstart your week off with this class that is designed for you to hit every muscle group using a variety of equipment. In Total Body Tone you will use anything from weights, bands, gliders, balls and the bench. Every class is different! This class will help you shed that excess fat while building strength and endurance. All levels welcome!



This fun, easy to follow format will introduce you to international dance moves and rhythms. These classes are taught by certified and licensed Zumba instructors. These routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



# Studio 2 (Cycle) - CLASS DESCRIPTIONS

## LIVE SPIN CYCLE

This indoor cycling class is designed for all fitness levels. ... Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.



**(VIRTUAL)** LES MILLS RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast



**(VIRTUAL)** LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.



**OCT**

# PULSEology

FITNESS CLUB

**Barre/Yoga/Virtual  
(Studio 3)**

**MON TUE WED THUR FRI SAT SUN**

<b>5:30 AM</b>	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)
<b>6:30 AM</b>	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
<b>7:30 AM</b>	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)
<b>8:30 AM</b>	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	VINYASA FLOW (CAROLINE)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	VINYASA FLOW (CAROLINE)	POWER YOGA (AMY)	POWER YOGA (BENEDICTE)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)
<b>9:30 AM</b>	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	BOOTYBARRE (LAUREI)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	BOOTYBARRE (JENNIFER)	LES MILLS <b>CORE</b> 9:45AM (30 MIN VIRTUAL)	BOOTYBARRE (ROTATING - SEE APP)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)
<b>10:30 AM</b>	LES MILLS <b>BODYFLOW</b> 10:45AM (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> 10:45AM (30 MIN VIRTUAL)	BOOTYBARRE (APRIL)	LES MILLS <b>CORE</b> 10:45AM (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> 10:45AM (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
<b>11:30 AM</b>	SILVER SNEAKERS (CAROLINE)	SILVER SNEAKERS (CAROLINE)	LES MILLS <b>BODYFLOW</b> 11:45AM (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	SILVER SNEAKERS (CAROLINE)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
<b>12:45 PM</b>	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)
<b>1:30 PM</b>	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
<b>2:30 PM</b>	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)
<b>3:30 PM</b>	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
<b>4:30 PM</b>	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)
<b>6:00 PM</b>	POWER YOGA (BENEDICTE)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	POWER YOGA (BENEDICTE)	YOGA FOR ATHLETES (AMY)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)

# Studio 3 (Barre/Yoga/Virtual) - CLASS DESCRIPTIONS

## LES MILLS **BODYATTACK**

**(VIRTUAL)** LES MILLS BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

## LES MILLS **BODYFLOW**

**(VIRTUAL)** BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

## **BOOTYBARRE**

Fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

## LES MILLS **CORE**

**(VIRTUAL)** LES MILLS CORE provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

## **CORE & FLOW**

This class focuses on your entire core, including abdominals, glutes and torso muscles that provide foundational strength. This class is for all fitness levels and includes a 10+ minutes of full-body stretching.

## **Silver Sneakers**

This class is designed for participants 65 years and over who will move through a variety of exercises to improve a range of motion that can be used to promote active daily living.

## **POWER YOGA**

Power yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga. ... Power yoga incorporates the athleticism of Ashtanga, including lots of vinyasas (series of poses done in sequence) but gives each teacher the flexibility to teach any poses in any order, making every class different.

## **VINYASA FLOW**

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.