

TEMPORARY GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM		ActiveFit		ActiveFit		ActiveFit		
9:30 AM		QUICKFIT 45 MIN CLASS		 ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
9:45 AM			QUICKFIT 45 MIN CLASS					
4:45 PM			QUICKFIT	QUICKFIT	QUICKFIT			
5:45 PM		 ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYBALANCE				

All Group Fitness classes are held in the upstairs group fitness studio.

GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
LES MILLS BODYBALANCE	60 mins	BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves 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.
LES MILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
ActiveFit	30 mins	Active Fit is a 30 minute low impact workout focusing on a functional strength and movements to keep you fit and active.
 ZUMBA fitness	45 mins	The Zumba® program fuses hypnotic Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. JOIN THE PARTY!!!
QUICKFIT	30 mins	A time efficient, fun, motivating full body workout. You'll work every muscle group in 30 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!