

October

Downtown Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Rise-n-Shine Spin						
6:00 AM	BODYPUMP	*GRIT Cycle/Core **Barre	BODYPUMP/ BODYCOMBAT COMBO	P90X Cyclelates	INSANITY		
6:30 AM	***Pilates		**Cycle/Yoga				
7:30 AM		***Slow Morning Yoga		***Yin Yoga			
8:00 AM			Senior Fitness			* SPRINT	
9:00 AM	***Foam Roller Yoga	Bamboo Bodies Basics	***Align & Refine	Bamboo Bodies Basics	Cycle	PEAK Strength Rhythm Rev Bambo Bodies	Sunday Shred
9:15 AM	Oula	Pilates	** PEAK Strength	Pilates			
9:30 AM			Mellow Cycling				
10:00 AM		Cardio Sculpt		Cardio Sculpt/Core		Zumba	
10:15 AM	BODYPUMP					***Vinyasa Yoga	
10:30 AM	***Gentle Yoga	***Vinyasa Yoga	***Vinyasa Yoga	***Vinyasa Yoga	***Vinyasa Yoga		
11:00 AM		Rock Bottoms		Rock Bottoms		Bamboo Bodies Basics	
11:15 AM					**BODYPUMP		***Restorative Yoga
11:30 AM			*GRIT STRENGTH				
NOON	Cycle Intervals				**Cycle Intervals		
12:10 PM	** PEAK STRENGTH **Barre	**Oula **Pilates	** PEAK STRENGTH **Pilates	**Oula **Barre	**Oula **Pilates		
4:00 PM			***Prenatal Yoga	Seasonal Flow Yoga	***Prenatal Yoga		Oula ***Sun Night Yoga
4:30 PM	BODYPUMP	*GRIT	BODYPUMP				
5:00 PM				*GRIT			
5:15 PM					Yoga for Relaxation		
5:30 PM	Oula *SPRINT Ballet Fit	Zumba Pilates	BODYATTACK Indoor Cycling Bamboo Bodies	Oula *SPRINT Pilates			
6:30 PM	*GRIT ***Vinyasa Yoga	***Vinyasa Yoga	Body 401K	6:35 pm **BODYPUMP	Guided Meditation		



Location Key

Group Fit Studio

Cycling Studio

Silver Sneakers/Sr.

Mind & Body Studio

Classes are 55 minutes unless indicated

* Class is 30 minutes

** Class is 45 minutes

*** Class is 1 hour 15 minutes

**** Class is 1 hour 30 minutes

Monday-Friday, 5 am-10 pm / Saturday-Sunday, 7 am-8 pm

Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960

LES MILLS Launches:

Downtown: Friday, Oct 12, SPRINT-5:30 PM, BODYATTACK- 6 pm, BODYCOMBAT 6:30 pm

Blue Mountain: Saturday, Oct 13, GRIT-8 am, BODYPUMP-8:35 am

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Cycling

Cycle/Yoga: A Fusion of 40 minutes of energetic interval cycling followed by 40 minutes of deep stretching with yoga postures.

Cycling Interval: Combines short, high intensity burst of speed, with slow recovery phases. This is repeated several times with variations throughout the class.

SPRINT A 30 minute high intensity interval training (HIIT) workout on a bike. Want to build endurance for your long rides? Train intervals. Maximum effort will smash your fitness goals and build your endurance like you never imagined.

Mellow Cycling (all levels): Emphasis is on providing a fun and effective leisurely workout to the sounds of inspirational music. Warm up, cycle, cool down and stretch.

Pump, Core & Cycle (all levels): This class starts in the Group Fit Studio for 45 minutes of strength & core and transitions to the Cycling Studio for a 45 minute ride. Come to one or both, all welcome!

Rhythm Rev: Rev up your weekend with pounding rhythms and fast-paced sets. Be early for front row bikes.

Group Fitness

BODYATTACK (all levels): High energy, sports-inspired cardio endurance training. Work strength, cardio and agility. Novice to advanced athlete will reap the benefits of this steady state training format.

BODYCOMBAT (all levels): Learn moves from Karate, Taekwondo, boxing, Muay Thai, Capoeira and Kung Fu. This is a non-contact class that will challenge your core, stability and precision as you punch and kick your way to the end.

BODYPUMP (all levels): The original barbell workout. BODYPUMP is 25+ years old! Use barbells, plates, and benches to build lean muscle throughout your entire body. Low weight + high repetition will fatigue one muscle group at a time and leave you wanting more.

Cardio Sculpt (all levels): High Energy Cardio Blast using a step, free weights, and other tools for maximum toning and calorie burning to achieve toned arms and legs, a lifted butt, and a functionally fit core.

GRIT (all levels): Short on time? 30 minutes of HIIT is just what you need. The secret to becoming fitter faster is interval training. Short bursts of work followed by minimal recovery will send your heart rate into overdrive and leave your body burning calories up to 16 hours post exercise (the EPOC effect).

INSANITY (all levels): 45 minute cardio intense training. No equipment required. Work 3-5 minute intervals with short breaks.

Oula (all levels): High energy workout that combines the depth and soulfulness of a mind body practice with the carefree playfulness of a living room dance party. It's not about what it looks like, it's about how it feels.

P90X (all levels): Total body, cardio and strength training class that uses body weight as well as dumbbells, bars and resistance bands. Workout follow a sequence of training blocks: cardio, lower body strength, upper body strength and core.

Rock Bottoms (all levels): Work the glutes and connected muscle groups from every angle to create a tight and shapely tush, toned thighs, and slender hips using free weights, barbells, and other equipment.

Zumba (all levels): A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.

Mind & Body

Align & Refine (all levels): An alignment-based class will balance your muscles and bones, head to toe, with an emphasis on āsana (postures) awareness, healthy body positioning and breathing practices.

Bamboo Bodies (all levels): A strength conditioning class, rejuvenate and recondition the body through Qigong and corrective exercises. Better your balance and discover internal energy training with focused movement and breath, barefoot work, weight-bearing exercises and self-massage.

Ballet Fit: Start with pilates and end at the barre with ballet flexibility exercises.

Barre (all levels): A fusion of ballet, yoga, and Pilates. Focus is on combining cardio and flow elements of ballet with toning benefits of Pilates and yoga for an energetic and challenging workout.

Body 401K (all levels): Learn self-massage and self-care techniques you can do at home to keep you doing the things you love while staying balanced and healthy.

Cyclelates: Cycling+Pilates, 35 minutes of heart pumping intervals on the bike, followed by 20 minutes of Pilates work to fire up your core muscles. All levels welcome.

Gentle Yoga (all levels): A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses & time for renewal.

Foam Roller/Yoga: All levels yoga with foam rolling of different muscle groups to bring the body into balance.

Pilates (all levels): A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Focus is on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.

Pre/Postnatal: Focus on strengthening upper body and hip opening for birth. Special modifications and instruction for trimester and 6 week postpartum moms. Free to members, \$10 per class for guest.

Restorative Yoga: A healing blend of gentle yoga combined with longer held yin & restorative postures. A wonderful way to find stress relief through mindfulness, breathing and gentle body movements.

Slow Morning Yoga (all levels): Slow paced class focusing on muscle synergy and breath.

Sunday Night Yoga: Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.

Vinyasa Yoga (all levels): A powerful combination of strength conditioning with yoga flow. The poses will tone every muscle using body weight and/or weights.

Yoga for Relaxation/Meditation (all levels): A healing blend of gentle yoga combined with longer held yin & restorative postures. A wonderful way to find stress relief through mindfulness, breathing and gentle body movements.

Silver Sneakers/Seniors

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Classes are located at Blue Mountain unless indicated. Blue Cross/Blue Shield, Sterling, Cigna or Humana and other insurances may save you money on your club membership. Contact our Membership Team if your insurance supports Silver Sneakers or Silver & Fit Programs, 251-3344.

Bamboo Bodies Basics: Focus on movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.

Senior Muscle Strength: This program is a combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities welcome.