

PINE LAKE GROUP EX CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Cycle Flow Fusion <i>(Cycle and Power Yoga)</i> 5:30-6:30 Heather Y		Cycle Camp 5:30-6:30 Betsy		Cycle 5:30-6:30 Malia		
6:00 AM		MET 5:45-6:45 Kathy		Muscle Define 5:45-6:45 Kathy			
7:00 AM	HIIT 7:30-8:00 Jen	Cardio Lift 7:30-8:25 Teresa	BODYSTEP 7:30-8:30 Sue	Cardio Lift 7:30-8:25 Carla	TBC 7:30-8:15 Sue	Cycle 7:30-8:30 Kim/Heather Y	
8:00 AM	CXWORX 8:00-8:30 Jacque			HIIT 8:30-9:15	Friday Burn Cycle/TRX/Foam Rolling 8:35-9:35 Joy		Ride the Climb 8:00-9:00 Joy
9:00 AM	BODYSTEP 8:35-9:35 Sue	Cycle 8:35-9:35 Joshua	TBC 9:00-9:45 Sue	CXWORX 9:15-9:45 Christine		CXWORX 8:45-9:15 Carla	BODYPUMP 9:15-10:15 Betsy/Bill
10:00 AM	BODYPUMP 9:45-10:45 Katy	SH'BAM 9:45-10:45 Christine	BODYCOMBAT 10:00-10:55 Christine	SH'BAM 9:45-10:45 Christine	BODYPUMP 9:45-10:45 Betsy	Cardio Lift 9:20-10:20 Carla	
11:00 AM	BARRE Above 11:00-11:45 Joy	B & B Pilates 11:00-12:00 Joy	BARRE Above 11:00-11:45 Heather	B.A.R Pilates 11:00-12:00 Jen	RIPPED Cycle 11:00-12:00 Jen	Zumba 10:30-11:30 Jean	
12:00 PM	Cycle 12:00-1:00 Kim		Cycle 12:00-1:00 Kim				
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	BODYPUMP 5:30-6:25 Bill	Cycle Express 5:30-6:15 Joy	BODYPUMP 5:30-6:25 Bill	Cycle Express 5:30-6:15 Kim			
6:00 PM	CXWORX 6:30-6:55 Christine	BODYSTEP 6:30-7:30 Carla	CXWORX 6:30-6:55 Carla	STRONG Camp 6:30-7:30 Melissa			
7:00 PM	HIGH FITNESS 7:00-8:00 Melissa		BARRE Above 7:00-7:45 Joy				
8:00 PM							
9:00 PM							



PINE LAKE GROUP EX CLASS DESCRIPTIONS

LES MILLS GROUP EX CLASSES

BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Release stress, burn calories, have a blast and feel like a champ.

BODYPUMP

BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout.

BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.

CXWORX

Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together.

SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

GROUP EX CLASSES

B.A.R. Pilates

Create a lean, firm, sculpted body using a combination of isometric contraction of the muscles, the practice of dance conditioning and the core-defining practice of Pilates.

B & B Pilates

Pilates on the ball and at the barre provides variety for working the core. Effective and challenging, this class will strengthen all abdominal muscles.

BARRE Above™

BARRE Above™ is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, BARRE Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

Cardio Lift

This is a cardiovascular cross-training class that incorporates intervals of simple, yet challenging, athletic sports moves and strength training. This class caters to all fitness levels and is perfect for individuals looking for a great workout!

Cycle

This class is great for everyone; from the beginner to the professional cyclist! Resistance and pedal speed are used together to create an intense and effective workout. Cyclists are instructed to choose the intensity that best suits them, yet encouraged to consistently challenge themselves.

Cycle Camp

Indoor cycling meets boot camp. This 60 min class will be on and off the bike to work all muscles of the body with dumbbells, barbells, and body weight. No chance of boredom with this fast paced, high intensity approach. Perfect for the time crunched member who wants cardio and strength training intervals. Wear workout shoes and bring water!

Cycle Express

Follow your instructor through a variety of drills such as intervals, speed, and hill climbs on our indoor cycles. This class is a great 45 min cardio workout and a faster yet shorter version of our other cycle classes. New participants should arrive 10 minutes early for proper bike set up!

Cycle Flow Fusion

Cycle Flow Fusion is a hybrid class that is popular around the world. The first 30 minutes of class is in the Gr Ex studio with cycle intervals guaranteed to make you sweat and boost your cardiovascular health. The last 30 minutes of class is hot power yoga in the Mind/Body studio where we focus on the muscles that get overused in cycling and running. Start your week off right treating your body to this combo! Bring your own mat.

Friday Burn Cycle-TRX-Foam Rolling

30 min of cardio plus 20 min of bodyweight training on the suspension trainer and finish with 10 min of foam rolling - the perfect combo to work and restore your body!

HIGH Fitness

HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love and intense, easy-to-follow fitness choreography. It's where dance meets fitness.

HIIT

HIIT - is class that utilizes High Intensity Interval Training (HIIT) principles. HIIT alternates intervals of maximum intensity exercise with intervals of low to moderate intensity exercise. Combines full-body strength training and cardio designed to blast fat, tone your body, improve your endurance and challenge your fitness level all in an efficient and challenging class. Class will incorporate weights, steps, jump ropes and more and modifications will be provided for all levels.

MET

A weight training class that focuses on one muscle at a time taking it to fatigue. This program builds endurance in any sport you play.

Muscle Define

This class features a full body workout. You will work your muscles by using a variety of exercises and equipment, alternating between different muscle groups. You're able to use an additional weight in this class, to achieve muscle definition.

Ride the Climb

A new format focusing on cycle strength specific training to conquer any climb or ride. This class spends 45 minutes on the bike and 15 minutes off working with weights, bands and body weight to make your legs and core stronger. Come give it a try.

RIPPED Cycle

This combo class gives you the perfect amount of cardio with strength conditioning. Get your heart pounding and sweat flowing in the first half of class on the bike followed by muscle and core conditioning off the bike with weights, bars, plates and bodyweight in the second half of class. A good class for all levels with modifications offered.

Strong Camp

This is where strength meets boot camp. Using weights, bands and cardio segments this overall body workout is guaranteed to make you work hard, sweat and excited to come back for more!

TBC

Total Body Conditioning: Tone and condition the whole body in this 45-minute class. Through the use of weights, bar, resistance bands, and the step, we will push ourselves out of our "comfort zone" to see true body sculpting results. All fitness levels welcome and modifications will be provided.

ZUMBA®

ZUMBA is a Latin dance inspired workout that is taking the world by storm! This is a great cardio workout that can be adapted to all levels. No dance skills required!

Questions:

Contact Group Exercise Director Katy Stuart at katys@columbiaathletic.com, or an Activity Specialist at plcactivities@columbiaathletic.com.

