

## LES MILLS LIVE AND VIRTUAL CLASS SCHEDULE - January 2018

Age Policy Instructor lead classes: Under 10-Not Allowed. 10-13 with an Adult/Parent, Ages 14 & up can attend without an Adult/Parent  
 Age Policy virtual classes: Require a parent or adult be with all kids under age 18 due to safety and liability issues. Parents or Adults are encouraged to participate in classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump LIVE 5:35-6:30am	BodyPump LIVE 5:35-6:30am	CxWorx Virtual 5:45-6:18am	BodyPump LIVE 5:35-6:30am	BodyPump Virtual Express 5:45-6:30am		
BodyCombat Virtual 6:45-7:19am	BodyFlow Virtual 6:45-7:13am	BodyPump Virtual 6:45-7:12am	CxWorx Virtual 6:45-7:18am	Sh'Bam Virtual 6:45-7:12am		
	BodyCombat Virtual 7:30-8:29am		BodyFlow Virtual 7:30-8:27am	BodyFlow Virtual 7:30-7:56am		
BodyPump Virtual 8:05-9:03am	BodyFlow Virtual 8:30-8:59am	BodyPump Virtual 8:05-9:04am	CxWorx Virtual 8:30-9:01am	Sh"Bam Virtual 8:05-8:34am	BodyPump LIVE 8:30-9:30am	
BodyFlow Virtual 9:15-9:49am	CxWorx Virtual 9:15-9:44am	BodyCombat Virtual 9:15-9:51am	Sh'Bam Virtual 9:15-10:04am	BodyPump LIVE 9:00-10:00am		
CxWorx Virtual 10:15-10:46am	BodyPump Virtual 10:15-11:14am	BodyCombat Virtual 10:15-11:10am	BodyFlow Virtual 10:15-10:41am	Sh"Bam Virtual 10:15-10:56am	BodyPump LIVE 10:00-11am	
BodyPump Virtual 11:45-12:10pm	Sh'Bam Virtual 11:45-12:13pm	BodyCombat Virtual 11:45-12:14pm	CxWorx Virtual 11:45-12:13pm	BodyFlow Virtual 11:45-12:17pm	Born to Move 11:40 -12:15	
BodyFlow Virtual 12:20-12:48pm	BodyPump Virtual 12:20-12:48pm	Sh'Bam Virtual 12:20-12:54pm	BodyCombat Virtual 12:20-12:54pm	CxWorx Virtual 12:20-12:53pm	BodyFlow Virtual 12:20-12:51pm	Sh"Bam Virtual 12:20-1:105pm
BodyCombat Virtual 1:30-1:59pm	BodyFlow Virtual 1:30-2:02pm	CxWorx Virtual 1:30-1:58pm	Sh"Bam Virtual 1:30-1:59pm	BodyPump Virtual 1:30-1:55pm	BodyCombat Virtual 1:30-2:25pm	BodyCombat Virtual 1:15-1:43pm
BodyPump Virtual 2:15-3:16pm	BodyFlow Virtual 2:15-3:11pm	BodyCombat Virtual 2:15-3:11pm	BodyPump Virtual 2:15-3:09pm	Sh"Bam Virtual 2:15-2:59pm	Born to Move 2:30-3:09	BodyPump Live 2:00-3:00pm
Sh'Bam Virtual 3:30-3:56pm	CxWorx Virtual 3:30-4:03pm	BodyFlow Virtual 3:30-3:57pm	BodyPump Virtual 3:30-3:55pm	BodyCombat Virtual 3:30-3:59pm	Sh"Bam Virtual 3:15-3:59pm	Born to Move 3:30 to 4:05
BodyPump LIVE 4:30-5:40pm		BodyPump LIVE 4:40-5:40pm	BodyPump LIVE 4:40-5:25pm	Sh"Bam Virtual 4:40-5:24pm	BodyPump Virtual 4:25-4:54	Sh'Bam Virtual 4:30-5:13pm
	BodyPump LIVE 5:30-6:15pm		BodyPump Virtual 5:30-6:28pm			
BodyPump LIVE 5:50-6:50pm		Sh"Bam Virtual 5:50-6:19pm		BodyFlow Virtual 5:50-6:22pm		
BodyCombat Virtual 7:00-7:28pm	BodyPump LIVE 6:30-7:30pm	BodyPump Virtual 6:30-7:30pm	Sh"Bam Virtual 6:30-7:15pm	CxWorx Virtual 6:30-6:58pm		
BodyFlow Virtual 7:45-8:25p.m	CxWorx Virtual 7:45-8:19pm	BodyPump Virtual 7:45-8:43pm				

**\*BODYPUMP™:** For anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, this class gives you a total body workout. It will burn up to 590 calories. You'll leave the class feeling challenged and motivated, ready to come back for more. For ages 14 & up **CXWORX™:** All the moves have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises. **SH'BAM™:** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. **BODYCOMBAT** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Ideal for anyone and everyone, **BODYFLOW®** is the yoga-based class that will improve your mind, your body and your life. Yoga, Tai Chi and Pilates

Y's Mission: To put Christian principles into practice through programs, services and facilities that build healthy spirit, mind and body for all. Financial Assistance underwriting available for low income families and individuals. Inquire at the front desk.



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

For Program Information:  
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