

1/24/2019

LES MILLS LIVE AND VIRTUAL CLASS SCHEDULE

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 Virtual 5:35-6:30am	BodyFlow Virtual 5:45-6:04 am	BodyPump LIVE 5:35-6:30am	BodyPump Virtual Express 5:45-		
BodyPumpVirtual 6:45-7:19am	BodyFlow Virtual 6:45-7:13am	BodyCombat Virtual 6:45-7:12am	CxWorx Virtual 6:45-7:18am	BodyPump Virtual 6:45-7:12am		
	BodyCombat Virtual 8:05-8:59 am		Sh"Bam Virtual 8:05-8:36 am	BodyCombat Virtual 8:05-8:59 am	BodyPump LIVE 8:20-9:20 am	
BodyPump Live 8:30-9:30 am		BodyPump Live 8:30- 9:30 am		BodyPump LIVE 9:00-10:00am		
CxWorx Virtual 9:45-10:14		CxWorx Virtual 9:45-10:14				
CxWorx Virtual 10:30-11:00am	BodyPump Virtual 10:30- 11:24 am	BodyCombat Virtual 10:30-11:01 am	BodyFlow Virtual 10:15-10:56 am	Sh"Bam Virtual 10:30 -11:15 am	BodyPump Virtual 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 11:30-11:38 Age 4-5 Symphony	
BodyPump Virtual 12:20-12:48pm	BodyCombat Virtual 12:20-12:48pm	BodyPump Virtual 12:20-12:54pm	BodyCombat Virtual 12:20-12:54pm	CxWorx Virtual 12:20-12:53pm	Born to Move 11:45-11:57 Age 6-7 Yoga	
					Born to Move 12:00- 12:23 Age 8-12 Barcelona	Born to Move age 6-7 Tennis 12:00-12:12
					Born to Move 12:30-12:42 Age 6-7 Yoga	Born to Move Age 8-12 12:15-12:55
BodyCombat Virtual 1:30-1:59pm	BodyFlow Virtual 1:30-2:02pm	BodyCombat Virtual 1:30-1:58pm	BodyFlow 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	BodyFlow Virtual 2:15-2:59pm	Born to Move 2:30-3:09	BodyPump Live 2:00-3:00pm
BodyCombat Virtual 3:30-3:56pm	BodyCombat Virtual 3:30-4:24 pm	BodyCombat Virtual 3:30- 4:24pm	BodyCombat Virtual 3:30-4:22pm	BodyCombat Virtual 3:30-4:24pm	BodyCombat Virtual 3:30-4:24pm	Born to Move 3:30 to 3:45 4-5
BodyPump LIVE 4:30-5:30 pm	Sh"Bam Virtual 4:45-5:28 pm	BodyPump LIVE 4:40-5:40pm	BodyPump LIVE 4:40-5:25pm	Sh"Bam Virtual 4:40-5:24pm	BodyPump Virtual 4:30-4:54 Beginner	Born to Move 4:00-4:13 Age 6-7
						Born to Move 4:15-4:38 Age 8-12
BodyPump LIVE 5:45-6:40 pm	BodyPump Virtual 5:30-6:30 pm	BodyCombat Virtual 5:50-6:20pm	BodyPump Virtual 5:30-6:28pm	BodyFlow Virtual 5:50-6:22pm		
BodyCombat Virtual 7:00-7:28pm	BodyPump Virtual 6:35-7:30pm	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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