



"Fitness For All Seasons"
Evergreen
FITNESS

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BODYPUMP is the most successful group fitness program in history, BODYPUMP™ is the original barbell class that strengthens your entire body.

CXWORX is a core class that really hones in on the torso and sling muscles that connect your upper body to your lower body.

BODYSTEP is an energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODYFLOW combines Yoga, Tai chi, and Pilate's workout, that builds flexibility and strength and leaves you feeling centered and calm.

INTEGRATE is a low-impact group fitness integrates heart health and strength with 55 minutes of exercise which includes cardio exercise, resistance work, core training, mobility and balance.

RPM is an indoor cycling workout, where you ride to the rhythm's of powerful music. Take on the terrain with your inspiring team coach who leads the path through mountain peaks, time trials, and interval training.

YOGA is an ancient system of breathing practices, physical exercises and posture, and meditation to integrate the practitioner's body, mind, and spirit.

SAIL - Stay Active and Independent for Life - Strength and balance fitness class for adults 65+.

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exiting, exhilarating, and effective fitness system.

Monday

8:15am BodyStep **LM** - Karen
8:15am SAIL (Stay Active & Independent for Life)
9:30am SAIL (Stay Active & Independent for Life)
9:30am BodyFlow **LM** - Karen
10:35am Senior Stretch & Core - Karen
4:30pm RPM **LM** - Jennifer
5:30pm CXworks/SURPRISE! **LM** - Sarah

Tuesday

5:45am RPM **LM** - Tom
8:15am Zumba - TJ
9:30am BodyPump **LM** - TJ
10:35am Integrate - TJ
5:30pm BodyPump **LM** - Jillian
5:30pm Yoga - Briana

Wednesday

9:00am SAIL (Stay Active & Independent for Life)
9:00am CXworks **LM** - Jolie
9:30am BodyStep **LM** - Jolie
4:15pm BodyFlow **LM** - Karen
5:30pm BodyStep **LM** - Karen
5:30pm RPM **LM** - Jennifer

Thursday

7:00am BodyPump **LM** - Jillian
8:00am BodyFlow **LM** - Jolie
8:15am Integrate - TJ
9:15am BodyPump **LM** - TJ
4:45pm Cxworx **LM** - Sarah
5:30pm Freestyle Spin - Alicia
5:30pm BodyStep or BodyPump **LM** - Jolie

Friday

5:45am RPM **LM** - Tom
8:15am SAIL (Stay Active & Independent for Life)
9:00am CXworx **LM** - TJ
9:30am SAIL (Stay Active & Independent for Life)
9:30am BodyStep **LM** - TJ
10:35am Integrate - TJ
5:30 CXworks and BodyFlow **LM** - Carla

Saturday









8:30am RPM **LM** - Tom or Jenn
8:30am BodyStep **LM** - Jolie
9:45am BodyPump **LM** - Jolie
9:45am BodyFlow **LM** - Carla

Sunday

8:45am Athletic BodyStep **LM** - Jolie
10:00am BodyFlow **LM** - Jolie

All classes are included in the Unlimited Membership with the exception of RPM (\$3.50/class or \$33/12 classes) Please call 24 hrs in advance to reserve a bike.

Bring a youth in, ages 8-14 free to BodyFlow on Saturdays at 9:45. Youth must have waiver & release forms signed by parent or legal guardian.

 COMBO CLASS	 SENIOR CLASSES
 BODY FLOW	 BODY PUMP
 CXWORKS	 BODY STEP
 LM LESMILLS CLASS	 RPM