



Group Fitness Schedule Updated August 2018

Strength and Conditioning

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		BODYCOMBAT® Group Fitness Studio Adam (60 Min) Multi-Sport Training Gymnasium John (60 Min)	BODYPUMP® Gymnasium Melida (60 Min)	BODYCOMBAT® Group Fitness Studio Allison (60 Min) Multi-Sport Training Gymnasium John (60 Min)	BODYPUMP® Gymnasium Allison (60 Min) Streamline Sculpt Mind/Body Studio Kristin (60 Min)	A.B.T. Group Fitness Studio Jennifer (45 Min) Insanity®/P90X® Gymnasium Kayla (30/30)	
6:10 AM			All Ages and Stages Group Fitness Studio Nancy (50 Min)		All Ages and Stages Group Fitness Studio Allison (50 Min)		
7:00 AM							Multi-Sport Training Gymnasium John (90 Min)
8:15 AM		INSANITY® Group Fitness Studio Kayla (45 Min)	Stepaholics Group Fitness Studio Renee (45 Min)	INSANITY® Group Fitness Studio Kayla (45 Min)	Stepaholics Group Fitness Studio Renee (45 Min)	P90X® Group Fitness Studio Kayla (45 Min)	(8:30a) ROTATING CLASS Gymnasium (60 Min)
9:00 AM		BODYCOMBAT® Gymnasium Kalya (60 Min)	BODYPUMP® Gymnasium Katy (60 Min)	BODYCOMBAT® Gymnasium Katy (60 Min)	Core de Force® Group Fitness Studio Kayla (50 Min) PiYo Strength® Gymnasium Katy (60 Min)	BODYCOMBO Gymnasium Katy (60 Min)	
9:30 AM							Be Fit for Life Group Fitness Studio Sabrina (60 Min)
10:15 AM		(10:00a) PiYo Strength® Education Room Jenny (60 Min) TR Fle"X" Gymnasium Sandy (45 Min)	360° Training Gymnasium Jennifer (55 Min)		360° Training Gymnasium Jennifer (55 Min)		
11:10 AM			All Ages and Stages Group Fitness Studio Amanda (50 Min)		All Ages and Stages Group Fitness Studio Amanda (50 Min)		
12:00 PM		Cycle/Pump Cycle/Fitness Studio Laura (60 Min)	(12:10p) BODYPUMP® Group Fitness Studio Allison (45 Min)	Cycle/Pump Cycle/Fitness Studio Laura (60 Min)			
4:30 PM		BODYPUMP® Group Fitness Studio Melida (45 Min)		BODYCOMBAT® Group Fitness Studio Melida (45 Min)			
5:30 PM		A.B.T. Group Fitness Studio Laura (45 Min) BODYPUMP® Gymnasium Glenn (60 Min)	Be Fit for Life. Group Fitness Studio Sabrina (55 Min) BODYCOMBAT® Gymnasium Glenn (60 Min)	PiYo Strength® Fitness Studio Jenny (60 Min) BODYPUMP® Gymnasium Adam (60 Min)	STARTING AUG. 9 BODYCOMBAT® Group Fitness Studio Amy (60 Min) Solid Circuit Fitness Gymnasium Glenn (60 Min)		



CHRISTUS GOOD SHEPHERD

Institute for Healthy Living

Aqua

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)	
7:30 AM		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)	
10:30 AM		<u>Aqua Zumba®</u> Lap Pool Kayla (50 Min)	<u>Aqua Motion</u> Lap Pool Woodie (60 Min)	<u>Hydro-Blast</u> Lap Pool Michelle (60 Min)	<u>Aqua Motion</u> Lap Pool Sandy (60 Min)	<u>Aqua Zumba®</u> Lap Pool Kayla (50 Min)	
12:00 PM		<u>Noon Water Works</u> Resistance Pool Woodie (60 Min)		<u>Noon Water Works</u> Resistance Pool Woodie (60 Min)			
5:30 PM		<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)	(6:00p) <u>Aqua Zumba®</u> Lap Pool Rachel (50 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)		

Zumba® & Dance

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		<u>Zumba®</u> Group Fitness Studio Tasha (60 Min)	<u>Cardio Beat</u> Group Fitness Studio Michelle (45 Min)	<u>Zumba®</u> Group Fitness Studio Kayla (60 Min)		<u>Zumba Gold®</u> Group Fitness Studio Kayla (60 Min)	
10:00 AM					<u>Cardio Beat</u> Group Fitness Studio Michelle (45 Min)		(9:45a) <u>Zumba®</u> Gymnasium Tasha (60 Min)
6:30 PM		<u>Zumba Toning®</u> Group Fitness Studio Rachel (60 Min)	<u>Zumba®</u> Group Fitness Studio Becky (60 Min)		<u>Zumba®</u> Group Fitness Studio Becky (60 Min)		

Cycle

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM			<u>Cycle</u> Cycle Studio Melanie (60 Min)		<u>Cycle</u> Cycle Studio Melanie (60 Min)		
8:30 AM		<u>Cycle</u> Cycle Studio Sandy (60 Min)		<u>Cycle</u> Cycle Studio Sandy (60 Min)		<u>Cycle</u> Cycle Studio Sandy (60 Min)	<u>Cycle</u> Cycle Studio Rotating (60 Min)
10:00AM		<u>Spinergy</u> Cycle Studio Jennifer (45 Min)	<u>Cycle Core</u> Cycle Studio Amanda (60 Min)		<u>Cycle Core</u> Cycle Studio Kayla (60 Min)		
12:00 PM		<u>Cycle/Pump</u> Cycle/Fitness Studio Laura (60 Min)		<u>Cycle/Pump</u> Cycle/Fitness Studio Laura (60 Min)	(12:10p) <u>Peak Cycle</u> Cycle Studio Karyn (45 Min)	<u>HIIT It</u> Cycle Studio Laura (30 Min)	
5:30 PM		<u>Cycle</u> Cycle Studio Karyn (45 Min)	<u>Cycle</u> Cycle Studio Melida (45 Min)	<u>Power Cycle</u> Cycle/Fitness Studio Laura (45 Min)	<u>Cycle</u> Cycle Studio Melida (45 Min)		

Strength and Conditioning

360° Training is a combination of plyometrics, agility, balance, core and weights to get a total-body, 360° training. In this 55-minute class, plan to use all types of equipment, do all types of exercises, and get a complete workout.

A.B.T. (Abs, Buns & Thighs) is a combination of strength enhancing and muscle toning exercises targeting common problem areas. In 45 minutes, you will use body and equipment resistance, feeling that burn in your quads, glutes, hamstrings, and of course the abs.

All Ages and Stages is 50 minutes of strength and cardiovascular training geared toward the improvement of core, balance, joint stability and staying independent. Getting up and getting down on the floor is a must for this class. The goal is to help you live stronger longer!

Be Fit for Life is a 55-minute combination class that alternates strength training using dumbbells, bands, gliders, BOSUs and stability balls with cardio or plyometric moves designed to sculpt each muscle group. Instructor will show modifications for every move to accommodate all fitness levels.

BODYCOMBAT® by Les Mills – one try and you will be hooked! BODYCOMBAT is a mixed martial-arts inspired class for anyone at a moderate fitness level, because the moves are simple and easy to follow. The choreography targets muscle toning and conditioning, promotes agility and coordination, and works to build speed and agility. Routines change every 8-12 weeks to break plateaus and keep results coming.

BODYCOMBO is a combination of the popular Les Mills BODYCOMBAT® and BODYPUMP® in a 60-minute total-body blast!

BODYPUMP® by Les Mills is a worldwide program offered at thousands of gyms. This is the original total body BARBELL workout. You are led to perform traditional weight room exercises like squats, presses and lifts targeting all muscle groups of the body. The music, exercises and instructors take you to a new level of weight lifting. Routines are 60 minutes long and change every 8-12 weeks to break plateaus and keep results coming.

CORE de FORCE® is a 50-minute high intensity interval class utilizing blocks of MMA-style moves, strength conditioning and high intensity cardio. You will blast calories, burn fat and sculpt your entire body in this high-energy class. All fitness levels are welcome – modifications are always offered.

Insanity® offers 30-45 minutes of total body conditioning, complete with high intensity cardio moves, plyometrics, balance work and agility drills without the use of external weights or other equipment. Each week you will get better and do more.

Insanity®/P90X® - you will get 30 minutes of Insanity total body conditioning plus 30 minutes of the popular full body resistance program P90X®.

Multi-Sport Training is a full-body workout where you will perform multi-functional exercises using dumbbells, bags, balls, barbells, ropes...just about anything you can think of. Whether you are training for an obstacle course race, a triathlon, or just need a challenging interval workout, this intermediate to advanced fitness class is for you.

PiYo Strength® is an athletic blend of Pilates and Yoga. Enjoy this unique combination class to lengthen and strengthen your muscles.

P90X® is a HIIT workout that challenges your muscles and your cardio endurance. You will blast fat and carve lean muscle in this 45-minute high-energy class. All fitness levels are welcome as modifications to each exercise are offered.

Solid Circuit Fitness is 60-minutes of full-body fitness using every square inch of the basketball court. While using such training strategies as high-intensity intervals, multi-joint resistance exercises, dynamic moves, and plyometrics, members will move through different stations, pushing and competing with their fellow classmates to get a big calorie burn. All fitness levels are welcome.

Stepaholics is 45 minutes of intermediate to advanced step choreography for step lovers. Step aerobics increases your cardio and calorie burn, challenges your balance while sculpting the legs and core. Add face-paced, fun music to the mix and you have got yourself a great workout!

StreamLine Sculpt - Burn calories, sculpt, and increase muscle tone, while shaping your muscles in 60 minutes. This class combines the core-focused strength of Pilates with the fluidity of Yoga style movements.

TR Flex™ is 45 minutes of strength, core and flexibility exercises. You will use the TRX® bands and your body weight to set the intensity of the workout, combining with gravity to develop lean, strong muscles, improve your core and balance and increase flexibility.



AQUA CLASSES

Aqua Motion Combining the simple equation of Water + Music + Resistance Exercise = A great way to get fit and keep your body in motion. You will use different resistance equipment in the cool waters of the lap pool and rock your cardio endurance, your strength and your core.

Aqua Zumba® Take your water exercise to a new level with Latin/International-inspired dance moves. This pool party will be a great workout for all fitness levels.

Early Morning Aqua Wake up to 60 minutes of cardio, strength and flexibility exercises that will give you a great workout while still easy on your joints.

Evening Water Works End your day with a fun and complete warm water workout in the resistance pool. Using different equipment and your own body resistance get fit with the upbeat music and ever-changing strength and cardio moves. Because...water works!

Hydro-Blast incorporates cardio, strength, and core into 60 minutes of fun. This class has one simple equation: Water + Music + Exercise = A Great Way to Get Fit!

Noon Water Works Same great class as the evening happens mid-day...same soothing warm water workout!

Wave Dancing 60 minutes of the best low impact aquatic dance movements combined with strength training segments to work your whole body. It's so much fun you will never know you are working out!

ZUMBA® & DANCE

Cardio Beat Come burn a ton of calories to current hits and old favorites in this high energy class. Cardio dance and toning using drum sticks and other equipment create the ultimate fun combination workout.

HipBox® is the combination of exciting Hip Hop dance moves and aerobic kickboxing all rolled up in to one. Come join in for a 40-minute energy-charged cardio workout with jammin' music and a fun, safe environment.

Zumba® is exhilarating, caloric-burning, body-energizing, Latin/International-inspired dance fitness! The cardio-based routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. It's fun, easy, effective, and anyone can do it! Ditch the workout and come join the Zumba® party!

Zumba® Gold is the same famous Latin/International-inspired workout designed for the active older adult or the Zumba® beginner who wants to learn the dances at a slightly slower pace. The design of the class introduces easy-to-follow Zumba® choreography, including chair routines, which focuses on balance, range of motion and coordination. Come join the party for the first time!

Zumba® Toning Take the same wild Zumba® workout and add light-weighted maracas for a total body toning and super-sculpting experience.

CYCLE CLASSES

Cycle is a 45 or 60-minute aerobic-based workout that burns a ton of calories. This great workout improves cardiovascular endurance and strengthens the heart. Each participant is in control of the speed, intensity and resistance of his or her own bike. Along with the room's special visual effects, this workout will leave you feeling completely invigorated!

Cycle/Pump is 30 minutes of cycling followed by 30 minutes of strength training or a combo class geared to improve strength. This is the perfect combination for the ultimate workout!

Cycle Core is 45 minutes of cycle and 15 minutes of core. Each participant is in control of the speed, intensity and resistance of his or her own bike. Any level will benefit from this class.

HIIT It is a 30 minute high intensity interval cycling training class that will get you to your maximum calorie burn quickly and get you on with your day.

Peak Cycle is a 45 minute "technical" ride with choreography and cuing based on your individual training zones, which we will test every 6 to 8 weeks to see fitness improvements.

Power Cycle is an interval class mixing high-intensity cycle with strength, core and plyometric moves off the bike. The class will work in 4-minute intervals and the instructor will coach combinations that will challenge all fitness levels. A fun, action-packed 45 minutes of sweat is waiting on you!

Spinergy is a high energy class, combining high and low heart rate intervals with quick bursts of energy. Just 45 minutes and you will burn some major calories!