### Drop-in Group Fitness Classes

**Bayside | August 2019**

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>TRX BC XPRESS 6:45-7:15 AM DANCE STUDIO Laurie Registered Class $40</td>
<td>AQUA DEEP 7:45 am - 8:45 am POOL Lorn G/Laurie</td>
<td>SILVERSNEAKERS® 9:00 am - 10:00 am GROUP FITNESS RM Tiffany</td>
<td>BARRE ABOVE 9:00 am - 10:00 am DANCE STUDIO Lisa Registered Class $40</td>
<td>SILVERSNEAKERS® 9:00 am - 10:00 am POOL Maggie</td>
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<td>ZUMBA 9:00 am - 10:00 am GROUP FITNESS RM Eleni</td>
<td>CHAIR YOGA 10:15 am - 11:15 am GYM Gloria</td>
<td>STRENGTH CONDITIONING 9:00 am - 10:00 am GROUP FITNESS RM Laurie</td>
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<td>SATURDAY SAMPLER 9:15 am - 10:15 am GROUP FITNESS RM</td>
<td>SILVERSNEAKERS® BOOKSTEP® 8/3 – Mara Bands, Bosus, Balls 8/17 – Monica</td>
<td>TRX &amp; PLANKS 8/31 – Monica</td>
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<td><strong>H.I.I.T.</strong> 11:15 am - 12:15 pm GROUP FITNESS RM Monica YOGA 11:15 am - 12:15 am DANCE STUDIO 8/4 - Jenae 8/11 - Jenae 8/18 - Jackie 8/25 - Jackie</td>
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<td>TRX Bootcamp Xpress – effective whole body workout that effectively develops strength, balance, flexibility, stability, and cardiovascular system. M/W/F – 6:45-7:15 am, 8/16-9/6 #20188</td>
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**Find Your Fit With Our New & Improved Group Fitness Schedule**

- **Real-Time Updates**
- **Easy To Search**
- **More Streamlined**

**Pay As You Go Fitness Punch Cards**

- **$8**
  - 1 Class Pass
- **$40**
  - 8 Class Pass

**Premier Membership**

- **Residents**
  - $299/year
  - $34/month
- **Non-Residents**
  - $534/year
  - $47/month

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**Trx Bootcamp Xpress**

- Effective whole body workout that effectively develops strength, balance, flexibility, stability, and cardiovascular system. **M/W/F – 6:45-7:15 am, 8/16-9/6 #20188**
20/20/20: Engage in an even split of cardio for fat burning; strength training for a revved up metabolism; core flexibility and stretching for a balanced approach to fitness. The perfect trifecta for a complete workout.

Aqua Deep: Get the benefits of a high-energy cardio-aqua class without any impact on your joints while recruiting your abdominal muscles to maintain proper body alignment and technique during class. Your body is fully suspended in deep water — with the assistance of a buoyancy belt — which enables you to work on your range of motion and execution of moves.

Barre Above: This is a workout that combines ballet barre exercises with Pilates principles. The workout will use small, controlled movements to tone your entire body with a focus on your legs and glutes. No dance experience necessary!

Cardio & Core: Anything goes in this rigorous cardiovascular workout. Class will focus on incorporating a variety of cardio format choices followed by core training, working the muscles of the trunk.

Chair Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Core Training: Define your core with exercises that train the muscles of the trunk from shoulder girdle to hip girdle.

Gentle Yoga: This class will introduce basic yoga poses with a gentle approach. This format focuses on placid yoga poses that are easy on the joints. This is a great starter class for beginners.

H.I.I.T.: This is a type of high intensity interval training that includes a variety of drills to shock your body and break through plateaus. Various drills are performed to enhance muscular endurance and cardiovascular strength.

LES MILLS CXWORK: 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. All the moves in CXWORK have options, so it’s challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as 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.

LES MILLS BODYPUMP® is for anyone looking to get lean, toned and fit — fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 590 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music — helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS BODYPUMP® Express: This 30-minute workout is the same as our full hour BodyPump class but runs for ½ hour and will still give you a total body workout.

LES MILLS BODYSTEP®: a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP® Athletic class you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP Classic is the way to go. There are always lots of options to get you through the workout safely. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620 calories* and you’ll leave buzzing with satisfaction.

Turbo Kick®: A high intensity and fast paced! Turbo Kick is the ultimate cardio-kickboxing party that tones muscle and torches fat!

t20®: If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you’ll kick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

Pilates: This system of controlled exercises engages the mind and conditions the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up.

Silver Sneakers- Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers- CardioFit: is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout. No chair provided.

Step Xpress: This 30-minute workout will challenge your cardiovascular endurance with easy to follow step choreography.

Step & Strength: Combined intervals of step choreography mixed with sculpting to keep your heart rate up and watch the calories melt off.

Strength Conditioning: This total body strengthening class is designed to tone your muscles using a variety of equipment.

Yoga: Exercises to increase flexibility and strength through static postures and coordinated breathing techniques; some classes incorporate meditative techniques.

Zumba®: A high intensity workout that is a fusion of the spicy flavors of Latin and International rhythms designed to get your heart pumping and your feet moving. It is “exercise in disguise.” No dance experience needed!