



# Group Fitness Classes: October-December, 2018

MONDAY			
Time	Class	Instructor	Studio
5:05-5:35 am	<b>GRIT</b>   <b>CARDIO</b>	Deanne	A
5:35-6:35 am	<b>LES MILLS BODYPUMP</b>	Sarah	A
8:00-8:30 am	<b>LES MILLS CXWORX</b>	Sarah	A
8:30-9:00 am	<b>SIMPLY STRETCH</b>	Sarah	A
9:00-9:45 am	<b>LOW &amp; LIGHT AEROBICS</b>	Kay	A
9:00-10:30 am	<b>ROCK STEADY BOXING</b>	Quinton	B
9:50-10:30 am	<b>FUNCTIONAL FITNESS</b>	Kay	A
11:00-11:55 am	<b>LES MILLS BODYATTACK</b>	Cindy	A
11:00a-12:30 pm	<b>ROCK STEADY BOXING</b>	Wes	B
12:05-12:50 pm	<b>LES MILLS BODYPUMP</b> 45	Sarah	A
1:00-1:45 pm	<b>TAI CHI</b>	Julia	A
1:00-2:30 pm	<b>ROCK STEADY BOXING</b>	Tyler Coming Soon	B
4:30-5:00 pm	<b>LES MILLS BODYSTEP</b> ATHLETIC	Sam	A
5:00-5:30 pm	<b>LES MILLS BODYFLOW</b> 30	Heather	A
5:00-5:30 pm	<b>HiLo Tabata</b>	Amy (Nov-Dec)	B
5:30-6:30 pm	<b>LES MILLS BODYATTACK</b>	Heather	A
5:30-6:00 pm	<b>SIMPLY STRETCH</b>	Amy (Nov-Dec)	B
6:30-7:00 pm	<b>LES MILLS CXWORX</b>	Heather	A
TUESDAY			
5:05-5:35 am	<b>LES MILLS CXWORX</b>	Deanne	A
5:35-6:30 am	<b>LES MILLS BODYATTACK</b>	Deanne	A
8:15-9:00 am	<b>YOUNG AT HEART</b>	Elaine	A
8:30-9:00 am	<b>BARRE</b>	Lil	B
9:00-9:45 am	<b>STEPPIN' LIGHT</b>	Lil	A
9:00-9:30 am	<b>SIT &amp; STRETCH</b>	Kay	B
9:50-10:30 am	<b>PILATES</b>	Kay	A
10:30-11:25 am	<b>LES MILLS BODYFLOW</b>	Lil	A
12:05-12:50 pm	<b>LES MILLS BODYSTEP</b> ATHLETIC 45	Sam	A
4:30-5:25 pm	<b>LES MILLS BODYSTEP</b> ATHLETIC	Sam	A
5:00-5:30 pm	<b>HiLo Tabata</b>	Amy (Oct Only)	B
5:30-6:30 pm	<b>LES MILLS BODYPUMP</b>	Myra	A
5:30-6:00 pm	<b>SIMPLY STRETCH</b>	Amy (Oct Only)	B
6:30-7:00 pm	<b>LES MILLS GRIT</b>   <b>CARDIO</b>	Myra	A
WEDNESDAY			
5:05-5:35 am	<b>LES MILLS CXWORX</b>	Kim	A
5:35-6:30 am	<b>LES MILLS BODYSTEP</b> ATHLETIC	Sam	A
8:30-9:00 am	<b>SIMPLY STRETCH</b>	Sarah	A
9:00-9:45 am	<b>LES MILLS BODYPUMP</b>	Sarah	A
9:00-10:30 am	<b>ROCK STEADY BOXING</b>	Quinton	B
9:50-10:30 am	<b>FUNCTIONAL FITNESS</b>	Kay	A
11:00a-12:30 pm	<b>ROCK STEADY BOXING</b>	Wes	B
11:05-11:50 am	<b>LES MILLS BODYSTEP</b> ATHLETIC 45	Sarah	A
12:05-12:50 pm	<b>LES MILLS BODYPUMP</b> 45	Cindy	A
1:00-1:45 pm	<b>TAI CHI</b>	Julia	A
1:00-2:30 pm	<b>ROCK STEADY BOXING</b>	Tyler Coming Soon	B
4:30-5:00 pm	<b>LES MILLS BODYATTACK</b> 30	Cindy	A
4:30-5:00 pm	<b>PILATES</b>	Kay	B
5:00-5:30 pm	<b>LES MILLS CXWORX</b>	Deanne	A
5:00-5:30 pm	<b>BARRE</b>	Julia	B
5:30-6:25 pm	<b>LES MILLS BODYSTEP</b> ATHLETIC	Kim	B
6:00-6:30 pm	<b>LES MILLS GRIT</b>   <b>PLYO</b>	Sam	A
6:30-7:30 pm	<b>LES MILLS BODYPUMP</b>	Sam	A

THURSDAY			
Time	Class	Instructor	Studio
5:05-5:35 am	<b>LES MILLS GRIT</b>   <b>STRENGTH</b>	Sarah	A
5:35-6:35 am	<b>LES MILLS BODYPUMP</b>	Sarah	A
8:00-8:30 am	<b>LES MILLS CXWORX</b>	Sarah	B
8:15-9:00 am	<b>YOUNG AT HEART</b>	Elaine	A
8:30-9:00 am	<b>BARRE</b>	Julia	B
9:00-9:45 am	<b>STEPPIN' LIGHT</b>	Kay	A
9:00-9:30 am	<b>SIT &amp; STRETCH</b>	Julia	B
9:50-10:30 am	<b>PILATES</b>	Kay	A
10:30-11:25 am	<b>LES MILLS BODYFLOW</b>	Vicki	A
11:30a-12:00 pm	<b>LES MILLS GRIT</b>   <b>STRENGTH</b>	Myra	B
12:05-12:50 pm	<b>LES MILLS BODYATTACK</b> 45	Sarah	A
4:30-5:25 pm	<b>LES MILLS BODYATTACK</b>	Cindy	A
5:00-5:30 pm	<b>HiLo Tabata</b>	Amy	B
5:30-6:30 pm	<b>LES MILLS BODYPUMP</b>	Lil	A
5:30-6:00 pm	<b>Tour de Core</b>	Amy	B
6:30-7:25 pm	<b>LES MILLS BODYFLOW</b>	Deanne	A
FRIDAY			
5:05-5:35 am	<b>LES MILLS CXWORX</b>	Kim	A
5:35-6:30 am	<b>LES MILLS BODYATTACK</b>	Sam	A
8:00-8:30 am	<b>LES MILLS CXWORX</b>	Sarah	A
8:30-9:00 am	<b>SIMPLY STRETCH</b>	Lil	A
9:00-9:45 am	<b>LES MILLS BODYPUMP</b> 45	Lil	A
9:00-10:30 am	<b>ROCK STEADY BOXING</b>	Quinton	B
10:00-10:45 am	<b>TAI CHI</b>	Julia	A
11:00a-12:30 pm	<b>ROCK STEADY BOXING</b>	Wes	B
11:30a-12:00 pm	<b>LES MILLS GRIT</b>   <b>CARDIO</b>	Sarah	A
12:05-1:05 pm	<b>LES MILLS BODYPUMP</b>	Cindy	A
1:00-2:30 pm	<b>ROCK STEADY BOXING</b>	Tyler Coming Soon	B
4:00-4:30 pm	<b>LES MILLS BODYSTEP</b> CLASSIC 30	Lil	A
4:30-5:00 pm	<b>LES MILLS BODYPUMP</b> 30	Lil	A
5:00-5:30 pm	<b>LES MILLS BODYFLOW</b> 30	Lil	A
SATURDAY			
7:30-8:00 am	<b>LES MILLS GRIT</b>   <b>INSTRUCTOR CHOICE</b>	Varies	B
8:00-8:55 am	<b>LES MILLS BODYATTACK</b>	Varies	A
9:00-10:00 am	<b>LES MILLS BODYPUMP</b>	Varies	A
9:00-9:55 am	<b>LES MILLS BODYFLOW</b>	Varies	B
SUNDAY			
10:30-11:00 am	<b>LES MILLS GRIT</b>   <b>STRENGTH</b>	Sam	A
11:00-11:55 am	<b>LES MILLS BODYSTEP</b> ATHLETIC	Sam	A

**INCLEMENT WEATHER POLICY**  
 If Jefferson City Public Schools close due to Inclement Weather, all morning Group Fitness Classes are cancelled. Classes will resume at noon.

**LES MILLS GRIT** All Les Mills GRIT classes require a pass. Please see Membership Office for details.

30-min workout	45-min workout
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**LES MILLS BODYPUMP** The original weights class that builds strength, tones your body and pushes you to the limit every time. Be strong. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

**LES MILLS BODYPUMP** 30' 45' This 30-45 minute express class option is perfect for you if you are new to the program and need to build endurance, increase bone density or are short on time and only have 30-45 minutes to commit or are in need of a short strength/endurance session to combine with a cardio class.

**LES MILLS BODYSTEP CLASSIC** 30' This 30-45 minute express class is less frills, more functional step training. We tweak the workout with each release, changing things around to shock the body more! It will take your fitness to a new level!

**LES MILLS BODYSTEP ATHLETIC** 30' 45' 55' Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography. Ideal for newer participants. (30-45 minute classes)

**LES MILLS BODYATTACK** The high-energy, sports-inspired cardio workout that builds strength and stamina. In this 55-minute class expect the dynamic instructors and powerful music to motivate you to your fitness goals - from the weekend athlete to the hard-core competitor!

**LES MILLS BODYATTACK** 30' 45' This 30-45 minute, sports-inspired cardio workout that builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**LES MILLS BODYFLOW** 30' 45' 55' Ideal for anyone and everyone, BODYFLOW® is a yoga-based class that will improve your mind, your body and your life. You'll bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy!

**LES MILLS CXWORX** 30' Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**LES MILLS GRIT STRENGTH** 30-minute High-Intensity Interval Training that builds strength and lean muscle. This class will send your metabolism into overdrive to burn fat for hours after the workout.

**LES MILLS GRIT PLYO** 30-minute High-Intensity Interval Training that creates a powerful, agile and athletic body. Using powerful agility training and plyometrics to build power and transform type two muscle fibers. Expect results that lead to increased speed and leg strength along with a lean and athletic body shape.

**LES MILLS GRIT CARDIO** 30-minute High-Intensity Interval Training that burns fat and rapidly improves athletic capability. An explosive high impact body weight-based workout that will maximize calorie burn within the workout and burn fat for hours afterwards.

## BARRE

This 30-minute Barre class mixes elements of Pilates, dance, yoga and functional training. The moves are choreographed to motivating music. You'll use exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

## FUNCTIONAL FITNESS

Functional Fitness is what we all need to be stronger, more balanced and mobile in life. A series of simple muscle activation and lengthening techniques will improve immobile joints and create true core strength that enables strong, coordinated movements. (40 min)

## HiLo Tabata

This 30-minute low impact cardio workout will raise your heart rate and rev your metabolism. A relatively gentle workout for your joints

## LOW & LIGHT AEROBICS

A class of upper and lower body strength training, cardiovascular conditioning and flexibility exercises. A fun and motivating, low intensity class. Great for beginners, seniors, and exercisers of all fitness levels! (45 min.)

## PILATES

This class focuses on basic Pilates principles: core strength, increased flexibility, breath control and correct alignment to improve posture. (30-40 min.)

## ROCK STEADY BOXING

Rock Steady Boxing (RSB) is a non-contact boxing class designed specifically for those diagnosed with Parkinson's disease (PD). RSB class is tailored to your abilities. (90 min.) For more information on getting registered, call 573-632-5634.

## SIMPLY STRETCH

A slow-paced class for stretching and core stabilization that involves controlled movements focusing on alignment, functional strength and flexibility training. (30 min.)

## SIT & STRETCH

Sit & Stretch is done sitting in a chair or using a chair for balance. It is accessible for everybody. It's a great way to stretch, balance & relax. (30 min.)

## STEPPIN' LIGHT

Simple, easy to follow step aerobics to make your workout fun! Modifications provided for all levels- beginner to expert! (45 min.)

## TAI CHI

This ancient Chinese martial art is excellent for improving physical and mental health. Class consists of a series of slow, gentle movements to improve balance, flexibility, coordination and reduce stress. For all ages and abilities. (45 min.)

## Tour de Core

This 30-minute class will take you through a journey of functional abs, butt & thigh exercises. Strong core muscles make it easier to do many physical activities from cycling, running, walking and daily activities

## YOUNG AT HEART

Everyone is welcome, although the 50+ member is the target age group. Low-impact and low-intensity workout that includes a warm-up, stretching, stability balls, muscle conditioning and track walking followed by a cool-down. A great group setting that offers support and motivation and is ideal for those with arthritis. (45 min.)



Sam B. Cook  
**HEALTHPLEX**  
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