



Group Fitness Classes: February-March, 2019

MONDAY			
Time	Class	Instructor	Studio
5:05-5:35 am	GRIT CARDIO	Deanne	A
5:35-6:35 am	LES MILLS BODYPUMP	Sarah	A
8:00-8:30 am	LES MILLS CXWORX	Sarah	A
8:30-9:00 am	SIMPLY STRETCH	Sarah	A
9:00-9:45 am	LOW & LIGHT AEROBICS	Kay	A
9:00-10:30 am	ROCK STEADY BOXING	Quinton	B
9:50-10:30 am	FUNCTIONAL FITNESS	Kay	A
11:00-11:55 am	LES MILLS BODYATTACK	Cindy	A
11:00a-12:30 pm	ROCK STEADY BOXING	Wes	B
12:05-12:50 pm	LES MILLS BODYPUMP 45	Sarah	A
1:00-1:45 pm	TAI CHI	Julia	A
1:00-2:30 pm	ROCK STEADY BOXING	Tyler	B
4:30-5:00 pm	LES MILLS BODYPUMP ATHLETIC	Sam	A
5:00-5:30 pm	LES MILLS BODYFLOW 30	Heather	A
5:00-5:30 pm	TIGHT & TONE TABATA	Amy	B
5:30-6:30 pm	LES MILLS BODYATTACK	Heather	A
★ 5:30-6:00 pm	CORE & MORE	Amy	B
6:30-7:00 pm	LES MILLS CXWORX	Heather	A
TUESDAY			
5:05-5:35 am	LES MILLS CXWORX	Deanne	A
5:35-6:30 am	LES MILLS BODYATTACK	Deanne	A
8:15-9:00 am	YOUNG AT HEART	Elaine	A
8:15-8:45 am	BARRE	Lil	B
9:00-9:45 am	STEPPIN' LIGHT	Lil	A
9:00-9:30 am	SIT & STRETCH	Kay	B
9:50-10:30 am	PILATES	Kay	A
10:30-11:25 am	LES MILLS BODYFLOW	Lil	A
12:05-12:50 pm	LES MILLS BODYPUMP ATHLETIC 45	Sam	A
4:30-5:25 pm	LES MILLS BODYPUMP ATHLETIC	Sam	A
5:00-5:30 pm	BARRE	Julia	B
★ 5:30-6:00pm	CORE & MORE	Julia	Begins in March
5:30-6:30 pm	LES MILLS BODYPUMP	Myra	A
6:30-7:00 pm	GRIT CARDIO	Myra	A
WEDNESDAY			
5:05-5:35 am	LES MILLS CXWORX	Kim	A
5:30-6:25 am	LES MILLS BODYFLOW	Vicki	B
5:35-6:30 am	LES MILLS BODYPUMP ATHLETIC	Sam	A
8:30-9:00 am	SIMPLY STRETCH	Sarah	A
9:00-9:45 am	LES MILLS BODYPUMP	Sarah	A
9:00-10:30 am	ROCK STEADY BOXING	Quinton	B
9:50-10:30 am	FUNCTIONAL FITNESS	Kay	A
11:00a-12:30 pm	ROCK STEADY BOXING	Wes	B
11:05-11:50 am	LES MILLS BODYPUMP ATHLETIC 45	Sarah	A
12:05-12:50 pm	LES MILLS BODYPUMP 45	Cindy	A
1:00-1:45 pm	TAI CHI	Julia	A
1:00-2:30 pm	ROCK STEADY BOXING	Tyler	B
4:30-5:00 pm	LES MILLS BODYATTACK 30	Cindy	A
4:30-5:00 pm	TIGHT & TONE TABATA	Amy	B
5:00-5:30 pm	LES MILLS CXWORX	Deanne	A
★ 5:00-5:30 pm	SIMPLY STRETCH	Amy	B
5:30-6:25 pm	LES MILLS BODYPUMP ATHLETIC	Kim	B
6:00-6:30 pm	GRIT PLYO	Sam	A
6:30-7:30 pm	LES MILLS BODYPUMP	Sam	A

THURSDAY			
Time	Class	Instructor	Studio
5:05-5:35 am	LES MILLS GRIT STRENGTH	Sarah	A
5:35-6:35 am	LES MILLS BODYPUMP	Sarah	A
8:00-8:30 am	LES MILLS CXWORX	Sarah	B
8:15-9:00 am	YOUNG AT HEART	Elaine	A
8:30-9:00 am	BARRE	Julia	B
9:00-9:45 am	STEPPIN' LIGHT	Kay	A
9:00-9:30 am	SIT & STRETCH	Julia	B
9:50-10:30 am	PILATES	Kay	A
10:30-11:25 am	LES MILLS BODYFLOW	Vicki	A
11:30a-12:00 pm	LES MILLS GRIT STRENGTH	Myra	B
12:05-12:50 pm	LES MILLS BODYATTACK 45	Sarah	A
4:30-5:25 pm	LES MILLS BODYATTACK	Cindy	A
5:30-6:30 pm	LES MILLS BODYPUMP	Lil	A
6:30-7:25 pm	LES MILLS BODYFLOW	Deanne	A
FRIDAY			
5:05-5:35 am	LES MILLS CXWORX	Kim	A
5:35-6:30 am	LES MILLS BODYATTACK	Sam	A
8:00-8:30 am	LES MILLS CXWORX	Sarah	A
8:30-9:00 am	SIMPLY STRETCH	Lil	A
9:00-9:45 am	LES MILLS BODYPUMP 45	Lil	A
9:00-10:30 am	ROCK STEADY BOXING	Quinton	B
10:00-10:45 am	TAI CHI	Julia	A
11:00a-12:30 pm	ROCK STEADY BOXING	Wes	B
11:30a-12:00 pm	GRIT CARDIO	Sarah	A
12:05-1:05 pm	LES MILLS BODYPUMP	Cindy	A
1:00-2:30 pm	ROCK STEADY BOXING	Tyler	B
4:00-4:30 pm	LES MILLS BODYPUMP CLASSIC 30	Lil	A
4:30-5:00 pm	LES MILLS BODYPUMP 30	Lil	A
5:00-5:30 pm	LES MILLS BODYFLOW 30	Lil	A
SATURDAY			
7:30-8:00 am	GRIT INSTRUCTOR CHOICE	Varies	B
8:00-8:55 am	LES MILLS BODYATTACK	Varies	A
9:00-10:00 am	LES MILLS BODYPUMP	Varies	A
9:00-9:55 am	LES MILLS BODYFLOW	Varies	B
SUNDAY			
10:30-11:00 am	LES MILLS GRIT STRENGTH	Sam	A
11:00-11:55 am	LES MILLS BODYPUMP ATHLETIC	Sam	A
INCLEMENT WEATHER POLICY If Jefferson City Public Schools close the entire day 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		
Indicates new classes & new class times			

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)

TIGHT & TONE 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.)

CORE & MORE

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
Capital Region Medical Center

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