

# LifeQuest GX Schedule 2019 \*Effective August 1st



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO A	5:15am			BOOTCAMP			
	5:30am	A LESMILLS BODYSTEP 30 min		A LESMILLS BODYSTEP 30 min		LESMILLS BODYFLOW	
	8:00am					A LESMILLS BODYSTEP 45 min	
	8:30am	LESMILLS CXWORX 30 min					
	9:00am					bb Booty Barre	LESMILLS BODYFLOW/YOGA
	9:15am	A LESMILLS BODYSTEP 45 min	YOGA	bb Booty Barre	YOGA		
	10:15am					ZUMBA	
	10:30am		Fitness For The Ages		Fitness For The Ages		
	A LESMILLS BODYSTEP 30 min	LESMILLS BODYCOMBAT		LESMILLS BODYCOMBAT			
			A LESMILLS BODYSTEP 45 min				

STUDIO B	5:00am	LESMILLS CXWORX		LESMILLS CXWORX			
	5:30am		LESMILLS BODYPUMP	LESMILLS BODYPUMP	LESMILLS CXWORX		
	7:15am					BOOTCAMP	
	8:30am						LESMILLS CXWORX
	9:00am					LESMILLS BODYPUMP	
	9:15am		LESMILLS BODYPUMP			LESMILLS BODYPUMP	
	10:15am	LESMILLS BODYFLOW		LESMILLS BODYFLOW	LESMILLS BODYFLOW		
	5:00pm			LESMILLS CXWORX			
5:30pm	LESMILLS BODYPUMP	LESMILLS BODYFLOW 45 min					
6:30pm	ZUMBA	LESMILLS BODYPUMP	ZUMBA	LESMILLS BODYPUMP			

STUDIO D	5:00am		LESMILLS SPRINT		LESMILLS SPRINT		
	5:30am	LESMILLS RPM		LESMILLS RPM			
	8:00am					LESMILLS RPM	LESMILLS SPRINT
	9:15am	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM 45 min	
5:30pm	LESMILLS RPM		LESMILLS RPM				

Pool	8:00am	AQUACISE		AQUACISE		AQUACISE	AQUACISE

Core Endurance Strength Flexibility

## AQUACISE

Water aerobics is fun, healthy and just what you might be looking for. Benefits include strengthening core muscles, increase cardio health, improve muscle strength, flexibility & balance and tone and sculpt the body without impact on joints. See you at the pool!

## LESMILLS BODYCOMBAT

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography, designed by BODYCOMBAT™ Master Trainers and mixed martial arts experts, Dan Cohen and Rachael Newsham.

## LESMILLS BODYFLOW

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography.

## LESMILLS BODYPUMP

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODY-PUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

## A LESMILLS BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of 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.

## BOOTCAMP

Bootcamp-This 45-minute total-body interval workout combines high-intensity interval training (HIIT), cardio, and strength training exercises into one athletic conditioning class designed to shock your body into getting more fit! Our goal is to enhance your overall fitness by increasing your agility, speed, power, and strength.

## bb Booty Barre

Booty Barre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Booty Barre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. This class is taught shoeless...so no need to bring your sneakers!

## LESMILLS CXWORX

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! CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

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6:30pm				YOGA			

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## LESMILLS BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, you will leave with a sense of achievement.

## LESMILLS BODYCOMBAT

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

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## Mat Pilates

This rigorous mat class will implement a combination of Power Pilates and Stott Pilates methodology and programming. Small props will be used at times to enhance the workout. These systems are based on Joseph Pilates original work and will focus on the Power House (core) of the body and the importance of all movements starting from and involving the core. Abdominal strength, enhanced posture and over all full body flexibility and strength can be achieved with regular Pilates workouts. 30 minutes

## Fitness For The Ages

Fitness For The Ages is a Group Fitness Class on Tuesdays and Thursdays from 11am to 12pm. Join a community of seniors and older adults for a total-body workout, appropriate for any fitness level. Old School classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and strength training with plenty of friendly fun.

## PiYo

This fast-paced, dynamic workout is sure to burn calories and get your heart pumping! With the core-firming benefits of Pilates, and the strength and flexibility benefits of Yoga, you'll walk away feeling well-balanced. Come join the fun, and be prepared to sweat.

## LESMILLS RPM

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Like all the LES MILLS™ programs, a new RPM™ class is released every three months with new music and choreography.

## LESMILLS SPRINT

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

## Tuesday NIGHT DANCE PARTY

Tuesday night dance party: Lose yourself in the music and have some fun! This class is a combination of Sh'bam and BodyJam.

## YOGA

Yoga- is designed to improve health, performance and mental acuity of athletes and individuals. Based on the ancient science of Hatha yoga, it blends balance, strength, flexibility and power in one fitness format.

## ZUMBA

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## bb Booty Barre

Booty Barre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Booty Barre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. This class is taught shoeless...so no need to bring your sneakers!

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