




Class Schedule

Effective Feb 1, 2019

	Mon	Tues	Wed	Thurs	Fri
6:00am	RPM 45m Chantelle	BODYPUMP Nikki	RPM 45m Sarah	BODYPUMP Lynn	RPM 45m Jenny
7:00am		RPM 45m Dani			
8:30am	BODYSTEP Amy	BODYPUMP Chantelle	BODYSTEP Amy	BODYPUMP Amy	SH'BAM 45m Jessica
	RPM 45m Christina				RPM 45m Christina
9:30am	BODYPUMP Jessica (9:35am)	RPM 45m Christina	BODYPUMP Chantelle (9:35am)	RPM 45m Dani	CXWORX 30m Chantelle (9:20am)
10:00am					BODYFLOW 45m Chantelle (9:55am)
4:30pm	SH'BAM 45m Chris	BODYPUMP Jenny			BODYATTACK 45m Jenny
5:30pm	BODYPUMP Lynn	RPM 45m Jessica	BODYPUMP Jessica	BODYSTEP 45m Amy	BODYPUMP Chantelle
	RPM 45m Jenny				
6:30pm	CXWORX 30m Jenny	ATTACK 45m Jenny	BODYFLOW Sama (6:40pm)	CXWORX 30m Carrie (6:20pm)	

	Sat	Sun
8:30am	BODYPUMP Jenny	BODYSTEP Jessica
	RPM 45m Kelly / Sarah	
9:35am	ATTACK 45m Carrie	BODYPUMP Maria
	 FLX CYCLE Chantelle (9:30am)	
10:30am	BODYPUMP 45m Nikki	BODYFLOW Chantelle (10:40am)

Find the very latest schedule, class descriptions and reservations, and membership and class pass purchases at:

<https://flxfitclub.com>

Please check class start times carefully!

All classes are 55-60 min unless otherwise indicated. Classes with 2 instructors listed will alternate instructors.

**LES MILLS
BODYATTACK**

BODYATTACK™ is a high-energy fitness class that combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. You'll burn tons of calories and improve your strength, coordination and agility, leaving you with an endorphin high!

**LES MILLS
BODYFLOW**

BODYFLOW™ blends elements of yoga, Tai Chi and Pilates to benefit both body and mind. Simple moves set to great music, with options for all levels, will improve your strength, balance and flexibility. You'll leave the class feeling calm, centered and ready to take on the world!

**LES MILLS
BODYPUMP**

BODYPUMP™ is the original barbell-based strength training class that gets you lean, toned and fit – fast. You'll work all your major muscle groups using light to moderate weights with lots of repetitions. Leave the class feeling challenged and motivated, and ready to come back for more. It's our most popular class for a reason!

**LES MILLS
BODYSTEP**

BODYSTEP™ is a full-body cardio workout that will tone your lower body like nothing else. You'll start with basic stepping, and gradually challenge your brain and coordination with faster stepping and the chance to test your rhythm and flair. Some classes incorporate moves like burpees, push ups and weight plate exercises to work the upper body as well. You (and your legs) will love it!

**LES MILLS
CXWORX**

CXWORX™ strengthens all the muscles in and around your body's core. A stronger core makes you better at all the other things you do, from activities of everyday life to your favorite sports. It's the glue that holds everything together! And since it's just 30 minutes long, it's the perfect workout when you're pressed for time (or a great add-on to another class).

FLX CYCLE

FLX Cycle is our signature indoor cycling class, with an energetic mix of hit music that helps push you through a full 60-minute class. You'll get a challenging blend of interval training, strength, speed and endurance work (and maybe a little bit of dance party). Leave sweaty and satisfied, with a smile on your face!

**LES MILLS
RPM**

RPM™ is 45 minutes of high-energy cardio interval-based indoor cycling. You'll draw on the energy of the group and the rhythm of the music through a journey of hill climbs, speedwork and power training. You're in control of your own resistance levels and speed, so you can build up your fitness level over time. It's a low-impact cardio workout that burns lots of calories, improves your aerobic fitness and gives you a feeling of personal achievement!

**LES MILLS
SH'BAM**

SH'BAM™ is a fun-loving, ego-free cardio dance workout – no dance experience required. We turn on the party lights to create a club-like atmosphere and allow you to immerse yourself in the experience. You'll gain some hot new moves as you burn some calories!

ATTACK

It's mashup time! We've combined fun, energetic cardio tracks from BODYATTACK™ and core strength training from CXWORX™, with lots of options to dial the intensity up or down. It's everything you need to burn calories and improve your functional fitness in just 45 minutes!