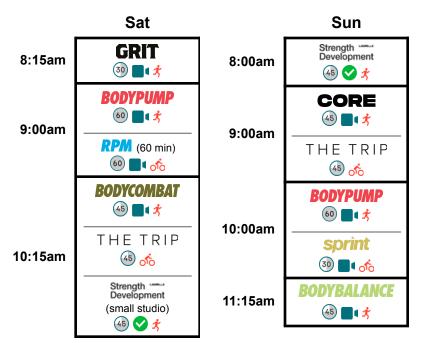






	Mon	Tue	Wed	Thu	Fri
6:00am	THE TRIP	BODYPUMP 60 ■1 オ	RPM  45 ■4 66	BODYPUMP 60 ■1 オ	RPM 45 ■4 ofc
7:00am	Strength Development	sprint <sup>39</sup> ■• ô		<b>BODYCOMBAT</b> (7:15am) (45) ■ 4 ★	
9:00am	RPM  45 ■4 sto	BODYPUMP 600 ■ 4 ☆	THE TRIP  45 of O	BODYPUMP 600 ■ 4 ★	BODYSTEP  45 1 4  RPM  45 1 66
9:55am					CORE 30 1 *
10:35am					BODYBALANCE  45 ■ 4 ★
4:30pm	<b>GRIT</b> (4:45pm)  30 ■ *	BODYPUMP  45 ■1 *			THE TRIP
5:30pm	BODYPUMP 60 ■ 4 ★	BODYATTACK  45 ■ ‡  RPM	BODYPUMP  60	Strength Development  45	BODYPUMP 600 ■4 *
	THE TRIP	45 <b>■</b> 1 %	THE TRIP	S FLXCYCLE  45 ■ 66	
6:25pm		<b>CORE</b> 30 ■1 *	Strength Development (6:45pm)	CORE	



In-person studio class
In-person cycling class
In-person cycling class
Virtual class option available
Special Program: Pre-registration required!

Class duration (30, 45 or 60 min)

Find more detailed info on our website at: https://flxfitclub.com



## **Class Descriptions**

#### Lesmills BODYATTACK

Tue 5:30pm

BODYATTACK™ combines high-energy athletic moves 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!

#### Lesmills BODYBALANCE

Fri 10:35am Sun 11:15am BODYBALANCE™ is a yoga-based workout that benefits both body and mind. Simple moves set to great music improve your strength, balance and flexibility. You'll leave the class feeling calm, centered and ready to take on the world!

#### LESMILLS BODYCOMBAT

Thu 7:15am Sat 10:15am BODYCOMBAT<sup>TM</sup> is a martial arts-inspired workout that is high-energy but totally non-contact. Punch and kick your way to fitness while learning moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ!

#### LESMILLS BODYPUMP

Mon 5:30pm Tue 6am / 9am Tue 4:30pm (45m) Wed 5:30pm Thu 6am / 9am Fri 5:30pm Sat 9am Sun 10am BODYPUMP™ is a 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!

#### LESMILLS BODYSTEP

Fri 9am

BODYSTEP™ is a cardio workout that tones your lower body like nothing else. You'll start with basic stepping, and gradually challenge your coordination with faster moves and the chance to show some flair. Classes may also use moves like burpees, push-ups and weight plate exercises to work the upper body. You (and your legs) will love it!



Tue 6:25pm Thu 6:25pm Fri 9:55am Sun 9am (45m)



Thu 5:30pm

Just like it sounds, Les Mills CORE™ strengthens all the muscles in and around your body's core. (Think shoulders, abs, back and glutes.) A stronger core makes you better at *everything*, from everyday life activities to performance in your favorite sports. You'll feel the results right away!

FLX Cycle is our most music-driven indoor cycling class. An energetic mix of modern and retro tunes drawn from genres like EDM, pop, rock and R&B will help power you through a challenging blend of interval training, strength, speed and endurance work. Leave this workout smiling, sweaty and satisfied!

# GRIT

Mon 4:45pm Sat 8am

#### LesMILLS **RPM**

Mon 9am Tue 5:30pm Wed 6am Fri 6am / 9am Sat 9am (60 min) RPM™ is high-energy, interval-based indoor cycling. In this 45 minute class, your instructor will motivate you to push through hill climbs, speedwork and power training. You control your own resistance levels and speed, so you can build up your fitness level over time. Burn lots of calories, improve your aerobic fitness and feel amazing afterwards!

Get on the fast track to a fitness

transformation with GRIT™, a 30

will push your body way out of its

comfort zone, and personalized coaching helps you nail the moves.

minute high-intensity interval training

(HIIT) program. Bursts of strength &/or

cardio work with short recovery periods

### Sprin

Tue 7am Sun 10am SPRINT™ takes the idea of high-intensity interval training (HIIT) onto an indoor bike. This style of HIIT has no impact on your joints, since the bike is your tool to push through short periods of maximum effort. You'll get super fit, super fast – 30 minutes is all you need for this workout!

# Strength Development

Mon 7am Wed 9am Wed 6:45pm Thu 5:30pm Sat 10:15am Sun 8am

LESMILLS THE TRIPT
THE TRIP indoor eveli

Mon 6am Mon 5:30pm Wed 9am Wed 5:30pm Fri 4:30pm Sat 10:15am Sun 9am Strength Development is a series of 12 45-minute small group workouts designed to build muscle and strength, with heavier weight and fewer, slower reps than we typically use in BODYPUMP. Pre-registration for this program is required! (Watch for the next round to kick off in the new year.)

THE TRIP™ is a totally immersive indoor cycling workout. You'll put everything else out of your mind as your instructor guides you on a thrilling (and challenging) journey through virtual worlds shown on a cinema-sized screen, accompanied by a killer soundtrack. More than just a class, THE TRIP is an unforgettable experience!