<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INSTRUCTOR</th>
<th>RM</th>
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<tbody>
<tr>
<td>7:00AM-8:00AM</td>
<td>RPM VIRTUAL</td>
<td>VIRTUAL</td>
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<tr>
<td>7:15AM-8:15AM</td>
<td>BODYPUMP</td>
<td>GABBY</td>
<td>4</td>
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<tr>
<td>7:30AM-8:00AM</td>
<td>GRIT STRENGTH</td>
<td>LIZZY</td>
<td>1</td>
</tr>
<tr>
<td>8:10AM-8:40AM</td>
<td>LES MILLS SPRINT</td>
<td>VIRTUAL</td>
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<tr>
<td>12:15PM-1:15PM</td>
<td>BODYFLOW VIRTUAL</td>
<td>VIRTUAL</td>
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<tr>
<td>12:15PM-1:15PM</td>
<td>BODYCOMBAT</td>
<td>LEXIE</td>
<td>4</td>
</tr>
<tr>
<td>12:30PM-1:00PM</td>
<td>GRIT CARDIO/PLYO</td>
<td>LIZZY</td>
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<tr>
<td>5:10PM-6:10PM</td>
<td>CXWORX</td>
<td>LEXIE</td>
<td>3</td>
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<tr>
<td>5:30PM-6:45PM</td>
<td>BARRE</td>
<td>NATALIE</td>
<td>4</td>
</tr>
</tbody>
</table>

**Virtual is Here**

More classes. More Times. Welcome to the future of fitness. Virtual takes your favorite programs like BODYPUMP and adds new programs like RPM and SPRINT. We take those classes and put them up on the big screen to give you a movie theatre, fitness experience!

Virtual classes are offered throughout the day and it doesn’t matter if you are working out solo or you bring a group of your friends. Take a class on your time!
**GX CLASS DESCRIPTIONS**

**BODYPUMP®**
Uses light to moderate weights with loads of repetitions to give a full body workout. Instructors will coach you through scientifically proven moves, pump out encouragement, motivation and great music to help you achieve your goals! You'll leave the class feeling challenged and motivated. *(EXPRESS is 45 min)*

**BODYCOMBAT®**
A high-energy martial arts-inspired non-contact workout. Punch and kick your way to fitness and burn tons of calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude! *(EXPRESS is 45 min)*

**ZUMBA®**
A combination of Latin and International music/dance themes that create a dynamic, exciting workout that everyone can do! Featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**SH'BAM®**
A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can’t, you’ll walk out knowing you can!

**SPIN45**
A 45-minute class designed to give riders an intense, time-efficient ride. All the benefits of a cycle class – you just get to your destination sooner.

**RPM**
The indoor cycling workout where you control the intensity. It’s fun, low impact and you can get a massive sweat! RPM is a journey of hill climbs, sprints and flat riding. You repeatedly spin the pedals to reach your cardio peak and then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**LES MILLS 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. The payoff? You smash your fitness goals, fast.

**POWER YOGA**
A dynamic, powerful and sweaty class designed to challenge and awaken the muscle and tissues. This energetic flow style is designed for all levels to gain greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind.

**RESTORATIVE YOGA**
A restorative yoga practice to calm your mind and body, leading you to find inner peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe.

**VINYASA YOGA**
Vinyasa yoga utilizes the connection of breath and movement to safely explore depth in postures and poses. Another essential component is to calm the brain and nervous system during the middle of the day. Come find strength and peace all in one hour.

**SUNRISE YOGA**
Rise and shine with a mindful yoga practice. This gentle approach of progressions and poses create a natural flow to start your day and the strength, flexibility and coordination links the mind, body and breath for all the days to come.

**BODYFLOW**
Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You’ll strengthen your entire body and leave the class feeling calm, centered and happy.

**KETTLEBELL BOOTCAMP**
Kettlebell Bootcamp is for everyone from the couch potato to the elite athlete. You’ll learn exercises that use kettlebells to maximize fat burn during a 45-minute butt-kicking session. Work by completing cardio swings, executing strength building presses and embracing the toning and flexibility aspects of the windmill.

**BOXWOD**
In the Olympic lifting studio, located just off the weight room, BOXWODs (Workout Of the Day) is the Crossfit® inspired functional training program that performed at a higher intensity. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

**CXWORX®**
The program that focuses on quick gains that leave you with a stronger and leaner core regardless of your fitness level. In 30 minutes you will feel changes in your stomach and butt, as well as improving functional strength, making you better at everything you do.

**CORE**
Small in time. Big in results. This 20-minute ab workout is designed to challenge your abdominals, obliques and surrounding core muscles to create a short, but effective challenge.

**GRIT® STRENGTH**
LES MILLS GRIT® STRENGTH is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**GRIT® CARDIO/PLYO**
LES MILLS GRIT™ PYLO and CARDIO is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Scientifically proven to increase aerobic fitness, unleash fast-twitch muscle fiber and grow lean muscle, your metabolism will be in overdrive and 30 minutes is all it takes. *(CARDIO and PLYO alternate weeks)*

**BARRE**
Using flexibility, aerobics and elements of strengthening exercises dancers do, Barre is fun and empowering delivering a result driving workout that sculpts your body into amazing shape.