

**Group Fitness Opening Demo Schedule
Monday, December 5 to Wednesday, December 7**

Monday			
Studio 2	Studio 1	Cycle	Aqua
8:45-9:30am BootCamp 45 Tori			
9:30-10:00am Total Body Demo Tori			
	10:00-10:30am Mat Pilates Demo Lisa A.		
10:30-11:00am Retro Step Demo Lisa A.			
11:00-11:30am Cardio Jam Demo Jaclyn	11:45-12:15pm Strength & Balance Demo Tori		
	5:30-6:00pm CXWORX Demo Jen B.		
6:00-6:30pm LES MILLS BODYCOMBAT 30 Elana		6:00-6:15pm Cycle Set-Up Jaime K	
	6:30-7:00pm Belly Dancing Demo Jenny	6:15-7:15pm Cycle Jaime K.	
7:00-7:30pm LES MILLS BODYPUMP Demo Jaime M.	7:00-8:00pm Restorative Yoga Siddiqā		

Tuesday			
Studio 2	Studio 1	Cycle	Aqua
5:45-6:15am HIIT Tori			
	9:00-9:30am Barre Fusion Demo Marisa		
9:30-10:00am LES MILLS BODYPUMP Demo Becky	9:30-10:30am Hatha Yoga Debra		9:30-10:00am Aqua High Demo Lap Pool Tia
10:00-10:30am LES MILLS GRIT CARDIO Becky		10:00-10:15am Cycle Set Up Jen G.	10:00-10:30am Aqua Low Demo Therapy Pool Tia
	10:30-11:00am LES MILLS CXWORX Demo Becky	10:15-10:45am Cycle 30 Jen G.	
	11:30-12:15pm Tai Chi Chih Demo David		
5:00-5:30pm Cardio Jam Demo Jaclyn			
	5:30-6:00pm Mat Pilates Demo Lisa A.	6:00-6:15pm Cycle Set-Up Steve K.	6:00-7:00pm Aqua Combo Janice
6:00-6:30pm POUND Demo Davina		6:15-7:00pm Cycle 45 Steve K.	
6:30pm- 7:30pm ZUMBA Davina			

Wednesday			
Studio 2	Studio 1	Cycle	Aqua
		6:00-6:50am Cycle 50 Ed	
8:30-9:15am BootCamp 45 Tori			
9:30-10:00am ZUMBA Demo Cindy	9:30-10:30 LES MILLS BODYFLOW Sharon		
10:00-10:30am LES MILLS BODYCOMBAT Demo Elana		10:00-10:15am Cycle Set Up Joanne	9:30-10:30am Aqua Combo Janice
	10:30-11:00am Classic Barre Demo Lisa A.	10:15-11:00am Cycle Joanne	
	11:00-11:30am Chair Yoga Demo Melissa		
5:30-6:30pm LES MILLS BODYPUMP Demo Marisa			
	6:00-6:30pm Barre Fusion Demo Marisa	6:45-7:00pm Cycle Set-Up John	
6:30-7:00pm Metafit HIIT Demo Steve B.		7:00-7:45pm Cycle 45 John	6:30-7:30pm AQUA ZUMBA Jenn R.
	7:00-8:00pm Yin/Yang Yoga Melissa		

Cycle Class Note:

You must reserve a bike for all Cycle classes. Please pick up a ticket at the Reception Desk up to 60 minutes before class begins.

All classes and instructors are subject to change

Please note this is a demo schedule only.

- Shorter demo classes
- Regular length classes



Class Descriptions

Aqua
Aqua Combo: A cardio and toning workout using equipment and the water's resistance.
Aqua Zumba: Combines the traditional elements of an aquatic fitness class with the upbeat, Latin-infused dance moves and music of Zumba.
Cardio High: An energetic class to improve cardiorespiratory endurance in the Lap Pool.
Cardio Low: A warm-water aerobics class designed to increase your endurance using low-impact movements in the Therapy Pool.

Barre/Core/Pilates/Yoga
Barre Classic: A total-body workout utilizing the ballet barre to perform small isometric movements set to fun, upbeat music.
Barre Fusion: This class incorporates the ballet barre and Pilates mat exercises.
BODYFLOW: A yoga class from Les Mills that combines Pilates and T'ai Chi to build strength and flexibility.
Chair Yoga: Yoga positions are adapted through the creative use of a chair.
CXWORX: Build your core strength and tone your abs, butt and legs with this 30-minute workout from Les Mills.
Hatha Yoga: Gentle yoga that uses postures (asanas) and stretches in combination with mindful breathing to develop flexibility, balance and strength.
Mat Pilates: This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance.
Restorative Yoga: The combination of gentle hatha and deep restorative work improves range-of-motion and joint mobility while reducing general discomfort and the effects of stress.
T'ai Chi Chih: Often described as meditation in motion, T'ai Chi Chih promotes serenity through gentle, flowing movements.
Yin/Yang Yoga: Find balance with poses that are held longer to affect the fascia and connective tissue.

Cardio and Dance
Belly Dancing: This class is great for beginners, dancers wanting to learn new moves or anyone wanting a fun cardio escape.
BODYCOMBAT: Unleash your inner warrior in this Les Mills class inspired by martial arts.
Cardio Jam: A fun, dance-inspired workout that incorporates functional strength and bodyweight movements.
Les Mills GRIT Cardio: A 30-minute high-intensity interval training (HIIT) athletic workout that improves cardiovascular fitness.
POUND: Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly fun and effective workout.
Retro Step: Tone your legs and booty by moving up, over and around your step.
Zumba: Move to Latin and international music in this fitness dance party!

Cardio and Total-Body Strength Training
Boot Camp: A mix of traditional calisthenics exercises, combined with cardio and strength training.
HIIT: It's only 30 minutes! Push yourself a little harder to rev up your metabolism and get quicker results.
Metafit HIIT: Created by a former Royal Marine Commando, Metafit combines HIIT training techniques with traditional bodyweight exercises to set your metabolism on fire!

Total-Body Strength Training
BODYPUMP: A revolutionary barbell workout from Les Mills that strengthens all major muscle groups.
Strength & Balance: Use different types of resistance equipment and easy-to-follow movements to strengthen the whole body.
Total Body: This class includes strength and cardio segments using equipment like dumbbells, body bars and bands for a total-body workout.

Main Line Health Fitness & Wellness Center
Hours:
Monday-Friday 5:00am-11:00pm
Saturday-Sunday 7:00am-7:00pm

Sharon Nicewinter
Group Fitness Manager
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Cycle Classes
Bring your cycle training indoors, as your instructor takes you on a journey of hill climbs, sprints and flat riding. Adjust your resistance level and speed so every ride meets your personal goals.
Come to a Set-Up class to determine your correct seat setting and bring cycle shoes if you have them.