

Group Fitness



Schedules online www.ddaonline.com

All Classes have 15- 30 Minutes between to allow for enhanced cleaning.

* All Classes are 55 Mins unless otherwise noted.

**Class Times, Instructor, and Class Format May Change without Notice.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Group X Studio	5:30am	LES MILLS BODYPUMP Trisha	LES MILLS BODYFLOW Dawn	LES MILLS BODYPUMP Karen M.						
	8:00am	LES MILLS BODYFLOW Diane	tone Alternating Instructors	LES MILLS BODYPUMP Tom	LES MILLS BODYFLOW Juliana	tone 45' Tom	8:00am LES MILLS BODYPUMP 45' Zachary	LES MILLS BODYSTEP 30' LES MILLS CXWORX 30' Demetria		
	9:30am	LES MILLS BODYPUMP Karen M.	LES MILLS BODYSTEP 45' Demetria	Restorative Yoga Karen R.	LES MILLS BODYSTEP Tom	LES MILLS BODYPUMP Shalie	9:00am LES MILLS CXWORX 30' Zachary			
	10:45am					Yoga 45' Stefanie	9:30am			
	11:00am			Restorative Yoga Karen R.			9:45am LES MILLS BODYJAM Renay			
	Noon	LES MILLS BODYPUMP Jennyffer	LES MILLS GRIT 30' Tom			LES MILLS BODYPUMP Jennyffer				
	1:30pm		Senior Fitness Tom		Senior Yoga Cassi					
	4:30pm	Yoga Paul		LES MILLS BODYPUMP Jennyffer	Flow Yoga Abigail					
	5:30pm					LES MILLS BODYPUMP Karen M.				
	5:45pm				LES MILLS BODYCOMBAT 45' Shalie					
	6:00pm	LES MILLS BODYPUMP Shalie	LES MILLS BODYATTACK Shalie	LES MILLS GRIT 30' Mia						
Power Pedal	5:30am			Power Pedal Alex	LES MILLS RPM Dawn		7:00am Power Pedal Alex			
	9:30am	Power Pedal Alex		LES MILLS RPM Val		Power Pedal Alex	9:15am			
	Noon		LES MILLS RPM Sedanna		LES MILLS RPM Karen M.					
	5:45pm	LES MILLS RPM Dawn		LES MILLS RPM Sedanna						
Pool	1:00pm	Aqua Fitness Karen K.		Aqua Fitness Alternating Instructors		Aqua Fitness Adriene				
	2:15pm	Aqua Fitness Karen K.		Aqua Fitness Alternating Instructors		Aqua Fitness Adriene				



Adjusted Class Size Max: 18

Adjusted Class Size Max: 10

Adjusted Class Size Max: 20

Schedule Effective - September 28, 2020

Double Diamond Class Descriptions

Category	Program	Description	Duration	Intensity	Results
STRENGTH	LES MILLS BODYPUMP	BODYPUMP™ is a barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Shape lean, athletic muscles • Burn calories • Improve bone health • Build core strength
CARDIO	LES MILLS BODYCOMBAT	BODYCOMBAT™ is a mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength.	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Build core strength • Burn calories and fuel cardio fitness • Develop coordination, agility & speed • Master physical and mental power
MIND & BODY	LES MILLS BODYFLOW	BODYFLOW® is the yoga, tai chi and Pilates workout that helps you build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing.	55'	Low Intensity	<ul style="list-style-type: none"> • Improve flexibility • Build core strength and stability • Release tension • Feel calm and serene
CYCLE CARDIO	LES MILLS RPM	RPM™ is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.	45'	Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Shape and tone leg muscles • Increase cardio fitness and stamina • Feel the endorphin rush
CARDIO	LES MILLS BODYATTACK	BODYATTACK™ is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging and jumping with strength exercises.	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Increase cardio fitness & muscle endurance • Improve agility and coordination • Build power and speed • Shape and tone lean, athletic muscles
CARDIO	LES MILLS BODYSTEP	BODYSTEP™ is an athletic and uplifting step workout that increases your cardio fitness and conditions your whole body, pushing it into high gear to burn calories and build functional strength.	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Increase cardio fitness and muscle endurance • Shape and tone your legs and glutes • Burn calories and condition your body • Train your physical and mental agility
STRENGTH CARDIO CORE	LES MILLS tone	LES MILLS TONE™ combines strength, cardio and core exercises in one complete workout. It's an all-in-one Moderate to functional fitness mix that gives you the freedom to workout at your own intensity.	45'	Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Tone and strengthen muscles • Improve power and functional strength • Take your fitness to the next level
DANCE CARDIO	LES MILLS BODYJAM	BODYJAM™ is a totally unique dance experience. It mashes up fresh choreography with the world's most cutting edge music, creating a high-energy cardio workout that burns calories and blows out stress	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Burn calories • Increase cardio stamina • Build self confidence • Connect to the world's best music
DANCE CARDIO	LES MILLS SH'BAM	Want a dance workout that gives more than it takes? SH'BAM™ is the cheeky and cool dance workout where anything goes and everything is encouraged! It's over in no time, and leaves you feeling better than it found you – inside and out!	45'	Moderate Intensity	<ul style="list-style-type: none"> • Burn calories • Boost endorphins • Lose yourself in the music • Find your inner Star!
CORE	LES MILLS CXWORX	CXWORX™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.	30'	Moderate Intensity	<ul style="list-style-type: none"> • Increase core strength and stability • Tone and condition your abs, glutes and back • Improve posture and movement control • Restore function and flexibility to your core
HIIT STRENGTH CARDIO	LES MILLS GRIT STRENGTH	LES MILLS GRIT™ Strength is a scientifically designed High-Intensity Interval Training (HIIT) workout that burns calories and uses barbells, plates and bodyweight exercises to make you strong, toned and unbelievably fit.	30'	High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle & train your body to burn fat • Push your mental and physical limits
HIIT CARDIO	LES MILLS GRIT CARDIO	LES MILLS GRIT™ Cardio is a scientifically designed High-Intensity Interval Training (HIIT) workout that uses bodyweight exercises with a focus on speed and intensity to rapidly burn fat and improve your cardiovascular fitness.	30'	High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle & train your body to burn fat • Push your mental and physical limits
HIIT CARDIO	LES MILLS GRIT ATHLETIC	LES MILLS GRIT™ Athletic is a scientifically designed High-Intensity Interval Training (HIIT) workout that uses High weight plates, bodyweight exercises and explosive agility training to build a lean and athletic body.	30'	High Intensity	<ul style="list-style-type: none"> • Maximum performance, minimum time • Build lean muscle & train your body to burn fat • Push your mental and physical limits
AQUA CARDIO	Aqua Fitness & Silver Aqua	Water based exercise workout that provides a low impact, high energy challenge for participants of all ages, skills and fitness levels. Dynamic cardiovascular workout that tones and tapers the entire body. enjoy the pure fun of this water extravaganza!	55'	Low to Moderate Intensity	<ul style="list-style-type: none"> • Shape lean, athletic muscles • Burn calories • Improve bone health • Build core strength
STRENGTH	Bootcamp	Workouts begin with a dynamic warm-up followed by a variety of interval training and gym equipment (i.e. dumbbells, bosu balls, TRX, and more) Classes are held in our Performance Studio. Expand your fitness horizons and intensity levels with dynamic group performance training.	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Shape lean, athletic muscles • Burn calories • Improve bone health • Build core strength
STRENGTH CARDIO CORE	Senior Fitness	Senior Fitness is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity.	55'	Low to Moderate Intensity	<ul style="list-style-type: none"> • Burn calories • Tone and strengthen muscles • Improve power and functional strength • Take your fitness to the next level
CYCLE CARDIO	Power Pedal	An awesome indoor cycling class provides multiple terrains - hills, climbs, flats, and more! You are sure to break a sweat as you cross the finish line with the team. Each Keiser M3i bike in our studio is equipped a display showing power, speed (RPM) and total energy output. We utilize the Performance IQ Leaderboard displaying individual and team performance so you can see where you rank in the pack.	55'	Moderate to High Intensity	<ul style="list-style-type: none"> • Improve flexibility • Build core strength and stability • Release tension • Feel calm and serene
MIND & BODY	Yoga (Gentle, Restorative, Flow, & Senior Yoga)	Yoga integrates mind, body and spirit while increasing flexibility, strength and developing balance. It involves the practice of physical postures and poses. Yoga makes use of different movements, breathing exercises, relaxation and meditative techniques. Each classes practice will be determined by instructor to best suit participants that day.	55'	Low Intensity	<ul style="list-style-type: none"> • Improve flexibility • Build core strength and stability • Release tension • Feel calm and serene

* 55 Min Classes may be offered as a shorter format please check current schedule