

# Group Fitness



Schedules online [www.ddaonline.com](http://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   |  |  |
|-----------------------|---------|--|---------------------------------------|--|--|--|---|--|--|--|
| <b>Group X Studio</b> | 5:30am  | <b>LES MILLS BODYPUMP</b><br>Trisha    | <b>LES MILLS BODYFLOW</b><br>Dawn     | <b>LES MILLS BODYPUMP</b><br>Karen M.  |  |  |   |  |  |  |
|                       | 8:00am  | <b>LES MILLS BODYFLOW</b><br>Diane     | <b>tone 45</b><br>Tom                 | <b>LES MILLS BODYPUMP</b><br>Tom       | <b>LES MILLS BODYFLOW</b><br>Juliana     | <b>tone 45</b><br>Tom                  | 8:00am<br><b>LES MILLS BODYPUMP 45</b><br>Zachary | <b>LES MILLS BODYSTEP 30</b><br><b>LES MILLS CXWORX 30</b><br>Demetria |  |  |
|                       | 9:30am  | <b>LES MILLS BODYPUMP</b><br>Karen M.  | <b>LES MILLS BODYSTEP</b><br>Demetria | Restorative<br>Yoga<br>Karen R.        | <b>LES MILLS BODYSTEP</b><br>Tom         | <b>LES MILLS BODYPUMP</b><br>Shalie    | 9:00am<br><b>LES MILLS CXWORX 30</b><br>Zachary   |  |  |  |
|                       | 10:45am |  |                                       |  |  | <b>Yoga 45</b><br>Stefanie             | 9:30am  |  |  |  |
|                       | 11:00am |  |                                       | Restorative<br>Yoga<br>Karen R.        |  |  | 9:45am<br><b>LES MILLS BODYJAM</b><br>Renay       |  |  |  |
|                       | Noon    | <b>LES MILLS BODYPUMP</b><br>Jennyffer | <b>LES MILLS GRIT 30</b><br>Tom       |  |  | <b>LES MILLS BODYPUMP</b><br>Jennyffer |   |  |  |  |
|                       | 1:30pm  |  | Senior<br>Fitness<br>Tom              |  | Senior<br>Yoga<br>Tom                    |  |   |  |  |  |
|                       | 4:30pm  | <b>Yoga</b><br>Abigail                 |                                       | <b>LES MILLS BODYPUMP</b><br>Jennyffer | <b>Yoga</b><br>Abigail                   |  |   |  |  |  |
|                       | 5:30pm  |  |                                       |  |  | <b>LES MILLS BODYPUMP</b><br>Karen M.  |   |  |  |  |
|                       | 5:45pm  |  |                                       | <b>LES MILLS GRIT 30</b><br>Demetria   | <b>LES MILLS BODYCOMBAT 45</b><br>Shalie |  |   |  |  |  |
|                       | 6:00pm  | <b>LES MILLS BODYPUMP</b><br>Shalie    | <b>LES MILLS BODYATTACK</b><br>Shalie |  |  |  |   |  |  |  |
|                       |         |  |                                       |  |  |  |   |  |  |  |
| <b>Power Pedal</b>    | 5:30am  |  |                                       | <b>Power Pedal</b><br>Alex             | <b>LES MILLS RPM</b><br>Dawn             |  | 7:00am<br><b>Power Pedal</b><br>Alex              |  |  |  |
|                       | 9:30am  | <b>Power Pedal</b><br>Alex             |                                       | <b>LES MILLS RPM</b><br>Val            |  | <b>Power Pedal</b><br>Alex             |   |  |  |  |
|                       | Noon    |  | <b>LES MILLS RPM</b><br>Sedanna       |  | <b>LES MILLS RPM</b><br>Karen M.         |  |   |  |  |  |
|                       | 5:45pm  | <b>LES MILLS RPM</b><br>Dawn           |                                       | <b>LES MILLS RPM</b><br>Sedanna        |  |  |   |  |  |  |
|                       |         |  |                                       |  |  |  |   |  |  |  |
| <b>Pool</b>           | 1:00pm  | <b>Aqua Fitness</b><br>Dominique       |                                       | <b>Aqua Fitness</b><br>Karen K.        |  | <b>Aqua Fitness</b><br>Adriene         |   |  |  |  |
|                       |         |  |                                       |  |  |  |   |  |  |  |

Schedule Effective - January 11, 2021

# Double Diamond Class Descriptions

| Category             | Program  | Description   | Duration | Intensity                  | Results   |
|----------------------|--|---|----------|----------------------------|---|
| STRENGTH             | <b>LES MILLS BODYPUMP</b>                                  | 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"> <li>• Shape lean, athletic muscles</li> <li>• Burn calories</li> <li>• Improve bone health</li> <li>• Build core strength</li> </ul>   |
| CARDIO               | <b>LES MILLS BODYCOMBAT</b>                                | 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"> <li>• Build core strength</li> <li>• Burn calories and fuel cardio fitness</li> <li>• Develop coordination, agility &amp; speed</li> <li>• Master physical and mental power</li> </ul>                                 |
| MIND & BODY          | <b>LES MILLS BODYFLOW</b>                                  | 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"> <li>• Improve flexibility</li> <li>• Build core strength and stability</li> <li>• Release tension</li> <li>• Feel calm and serene</li> </ul>   |
| CYCLE CARDIO         | <b>LES MILLS RPM</b>                                       | 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"> <li>• Burn calories</li> <li>• Shape and tone leg muscles</li> <li>• Increase cardio fitness and stamina</li> <li>• Feel the endorphin rush</li> </ul>   |
| CARDIO               | <b>LES MILLS BODYATTACK</b>                                | 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"> <li>• Increase cardio fitness &amp; muscle endurance</li> <li>• Improve agility and coordination</li> <li>• Build power and speed</li> <li>• Shape and tone lean, athletic muscles</li> </ul>                          |
| CARDIO               | <b>LES MILLS BODYSTEP</b>                                  | 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"> <li>• Increase cardio fitness and muscle endurance</li> <li>• Shape and tone your legs and glutes</li> <li>• Burn calories and condition your body</li> <li>• Train your physical and mental agility</li> </ul>        |
| STRENGTH CARDIO CORE | <b>LES MILLS tone</b>                                      | 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"> <li>• Burn calories</li> <li>• Tone and strengthen muscles</li> <li>• Improve power and functional strength</li> <li>• Take your fitness to the next level</li> </ul>  |
| DANCE CARDIO         | <b>LES MILLS BODYJAM</b>                                   | 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"> <li>• Burn calories</li> <li>• Increase cardio stamina</li> <li>• Build self confidence</li> <li>• Connect to the world's best music</li> </ul>  |
| DANCE CARDIO         | <b>LES MILLS SH'BAM</b>                                    | 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"> <li>• Burn calories</li> <li>• Boost endorphins</li> <li>• Lose yourself in the music</li> <li>• Find your inner Star!</li> </ul>  |
| CORE                 | <b>LES MILLS CXWORX</b>                                    | 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"> <li>• Increase core strength and stability</li> <li>• Tone and condition your abs, glutes and back</li> <li>• Improve posture and movement control</li> <li>• Restore function and flexibility to your core</li> </ul> |
| HIIT STRENGTH CARDIO | <b>LES MILLS GRIT   STRENGTH</b>                           | 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"> <li>• Maximum performance, minimum time</li> <li>• Build lean muscle &amp; train your body to burn fat</li> <li>• Push your mental and physical limits</li> </ul>  |
| HIIT CARDIO          | <b>LES MILLS GRIT   CARDIO</b>                             | 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"> <li>• Maximum performance, minimum time</li> <li>• Build lean muscle &amp; train your body to burn fat</li> <li>• Push your mental and physical limits</li> </ul>  |
| HIIT CARDIO          | <b>LES MILLS GRIT   ATHLETIC</b>                           | 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"> <li>• Maximum performance, minimum time</li> <li>• Build lean muscle &amp; train your body to burn fat</li> <li>• Push your mental and physical limits</li> </ul>  |
| AQUA CARDIO          | <b>Aqua Fitness &amp; Silver Aqua</b>                      | 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"> <li>• Shape lean, athletic muscles</li> <li>• Burn calories</li> <li>• Improve bone health</li> <li>• Build core strength</li> </ul>   |
| STRENGTH             | <b>Bootcamp</b>  | 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"> <li>• Shape lean, athletic muscles</li> <li>• Burn calories</li> <li>• Improve bone health</li> <li>• Build core strength</li> </ul>   |
| STRENGTH CARDIO CORE | <b>Senior Fitness</b>                                      | 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"> <li>• Burn calories</li> <li>• Tone and strengthen muscles</li> <li>• Improve power and functional strength</li> <li>• Take your fitness to the next level</li> </ul>  |
| CYCLE CARDIO         | <b>Power Pedal</b>   | 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"> <li>• Improve flexibility</li> <li>• Build core strength and stability</li> <li>• Release tension</li> <li>• Feel calm and serene</li> </ul>   |
| MIND & BODY          | <b>Yoga (Gentle, Restorative, Flow, &amp; Senior Yoga)</b> | 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"> <li>• Improve flexibility</li> <li>• Build core strength and stability</li> <li>• Release tension</li> <li>• Feel calm and serene</li> </ul>   |

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