

# APRIL 2021 GROUP FITNESS *CAPE GIRARDEAU LOCATION*

# STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM YOGA - Tara	5:30 AM - Leanne (45m) <b>LES MILLS BODYPUMP</b>	8:15 AM CARDIO Barre Rose	5:30 AM Leanne (45m) <b>LES MILLS BODYPUMP</b>	8:00 AM YOGA - Kelsey	8:15am - Rotates <b>LES MILLS BODYPUMP</b>
9:15 AM - Tracy <b>LES MILLS BODYPUMP</b>	8:15 AM Cardio BARRE - Kelsey	9:15 AM - Amy S <b>LES MILLS BODYPUMP</b>	8:15 AM Power Yoga Rose	9:15 AM - Meghan <b>LES MILLS BODYPUMP</b>	9:30 AM - Rotates <b>LES MILLS BODYFLOW</b>
	9:30 AM - Rose <b>LES MILLS BODYFLOW</b>	10:30 AM LOW IMPACT Marge	9:30 AM - Kelsey <b>LES MILLS BODYFLOW</b>	 LITE version 10:15 AM Meghan	10:30 AM - Dana 
10:30 AM BARRE Fusion Jan	10:30 AM BARRE Lite Tara	NOON - Meghan(45m) <b>LES MILLS BODYPUMP</b>	10:30 AM BARRE Lite Tara	<p><b>LES MILLS LAUNCH</b> <i>SATURDAY APRIL 17</i> <i>8a RPM, 8:15 BODYPUMP,</i> <i>9:30 BODYFLOW</i></p> <p>***</p> <p><i>Paddle Board Yoga</i> April 16 @ 6p &amp; April 25 @ 4p \$25 per class Register on the app or at the front desk.</p>	
NOON - Tara (45m) <b>LES MILLS BODYPUMP</b>		3:30 PM-Jan (30min) <b>LES MILLS BODYPUMP</b>			
4:15 PM Amy C <b>LES MILLS BODYSTEP</b>	4:15 PM - Amanda <b>LES MILLS BODYPUMP</b>	4:15 PM CHISEL Meghan	4:15 PM - Meghan <b>LES MILLS BODYPUMP</b>		
5:30 PM - Jan <b>LES MILLS BODYPUMP</b>	5:30 PM Dana  <b>NEW DAY AND TIME!</b> <i>(Bodyflow in Studio2)</i>	5:30 PM - Tara <b>LES MILLS BODYPUMP</b>	5:30 PM - Meghan <b>LES MILLS BODYFLOW</b>		
		6:45 PM Meghan  LET'S DANCE!			

# CYCLE

5:30 AM - Matt <b>LES MILLS RPM</b>		5:30 AM CY-YO Missy	5:30 AM - Matt <b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>
8:15 AM - Amy <b>LES MILLS RPM</b>	8:30 AM CYCLE with Kelly	8:15 AM - Cathy <b>LES MILLS RPM</b>		8:15 AM - Amy <b>LES MILLS RPM</b>	SATURDAYS 8 AM - Rotates
4:15 PM Cathy (45m) <b>LES MILLS RPM</b> NEW TIME!!!		4:15 PM Jan (30m) <b>LES MILLS RPM</b>			<b>Cycling Studio limited to 17 riders</b>
	5:30 PM - Crystal <b>LES MILLS RPM</b>	Combine with 3:30P BODYPUMP for a Strength/Cardio blast	5:30PM - Geoff <b>LES MILLS RPM</b>		

# STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15 AM Basic Yoga - Amy	9:30 AM YOGA - Rose		9:30 AM Cardio BARRE - Rose
11:15 AM Basic Yoga Kelsey		11:15AM Chair Yoga Kelsey		
5:30 PM YOGA - Tania <i>mask may be required based on # in class</i>	5:30 PM - Meghan <b>LES MILLS BODYFLOW</b>	5:30 PM YOGA - Tania <i>mask may be required based on # in class</i>		

For your safety and to allow for social distancing, class size limits are in place and will vary depending on class format in Studio 1. Studio 2 is limited to 9 participants



**BODYPUMP** is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for -- and fast! (60 min) All fitness levels



A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger, become more flexible and more physically aware. **BODYFLOW** is a combination of Yoga, Tai Chi and Pilates. Designed for all fitness levels (55 min)



The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out. (60 min)



The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through the hills, flats, mountain peaks, time trials and intervals. (50 min) Discover your inner athlete - sweat and burn to reach your endorphin high. Back-to-back rides on Friday mornings!



**BODYSTEP™** Athletic -- Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography. It is particularly appealing to males.

**LES MILLS™ VIRTUAL**  
Workouts available all day, every day!

**BODYCOMBAT**  
Feel totally unleashed with this martial-arts-inspired workout. Includes a variety of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch and kick your way to superior cardio fitness!

**SH'BAM**  
Simple, seriously hot dance moves, perfect for anyone looking to shape up and let out their inner star - even if dance isn't their natural thing. Set to chart-topping hits, familiar classics and Latin beats.

**CXWORX**  
Based on cutting-edge scientific research, the ultimate way to get a strong and toned core. Focuses on training muscles in the same way they are used.

**BODYPUMP** **BODYFLOW**

**BARRE Fusion (55min)** Blending the best of barre, Yoga, Pilates and strength into an effective cardio workout. **BARRE Lite (45min)** is a gentler version.

**BASIC YOGA (60min)**  
Yoga poses and pose breakdowns designed for all ages and abilities.

**CHAIR YOGA (45min)**  
Suitable for all levels. Improves strength, flexibility and range of motion.

**CHISEL (60min)** A fun strength and cardio class designed to sculpt and tone arms, legs and glutes and strengthen core muscles.

**CY-YO: (60min)** 30-minutes of HIIT on the bike followed by 30-minutes of yoga-based stretches.

**LOW IMPACT(55min)**  
Improve cardio function with minimal impact.

**PILATES (45min)** Improve flexibility, balance, strength and develop control and endurance throughout the body..

**POWER YOGA (60min)**  
A vigorous, fitness-based approach to Vinyassa-style Yoga.

**REFIT®** is a dance-inspired workout that rocks your body, heart and soul with powerful moves and positive music.

**SHINE Dance Fitness:** With original choreography rooted in traditional jazz, ballet and hip hop, SHINE combines the perfect balance of cardio, toning and strength components. (60m)

**YOGA (55-60min)**  
Foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Designed for all levels of students; modifications given for each level of experience.



**YELLOW LIGHT:**  
Look for this color on the schedule to see if any classes are at risk of being dropped.

\*Schedule subject to last-minute changes due to your safety & instructor availability

**Virtual Class Schedule available on our website**