

Monday

6:00 am Cycle w/ Alyson
6:00 am Cardio Challenge w/ Mindy
7:00 am TRX Body Blast w/ Alyson
8:15 am Strength-n-U w/ Tina
8:15 am Pilates Level 1 w/ Paula*
9:15 am Cardio Challenge w/Lucia
9:15 am Yoga w/ Tami
10:30 am Sculpt w/ Christy
11:30 am Cardio Dance w/ Christy
3:30 pm Cycle w/ Ray
4:30 pm Strength Circuit w/ Allison
4:30 pm Pilates Level 1 w/ Mandy*
5:30 pm PLYOGA Express w/ Barbara
5:30 pm EDGE Boot Camp w/ Mandy***
6:15 pm Strength Circuit w/ Kristen
6:30 pm Yoga w/ Stephanie

Tuesday

5:15 am Cycle w/ Chris
6:05 am Strength Circuit w/ Chris
7:00 am Kettlebell Level 2 w/ Gary*
8:00 am Strength Circuit w/ Judy
9:00 am Fit Forever w/ Judy
9:15 am Cycle w/ Stephanie
9:15 am Yoga w/ Mike
10:15 am Therapeutic Chair Yoga w/ Linda
12:00 pm Advanced Boot Camp w/ Thad***
3:30 pm TRX Body Blast w/ Mike
4:30 pm Intermediate Boot Camp w/ Lyn***
4:30 pm Barre w/ Vicki
5:30 pm Core Fusion w/ Vicki
5:30 pm Cardio Dance w/ Allison
6:00 pm Cycle w/ Alyson
6:30 pm TRX Body Blast w/ Alyson

Wednesday

6:00 am Cycle w/ Mindy
8:00 am TRX Body Blast w/ Lisa
8:15 am Beginner Cycle w/Judy R
8:30 am Cardio Challenge w/ Lisa
9:30 am Yin Yoga w/ Tami
9:30 am Intro to Step w/ Christy (30 min)
10:00 am Core Fusion w/ Christy (30 min)
10:30 am Sculpt w/ Christy
11:30 am Cardio Dance w/ Christy
3:30 pm Cycle w/ Vicki
4:30 pm TRX / Kettlebell Fusion w/ Chris*
4:30 pm Yoga w/ Mike
5:30 pm Barre w/ Vicki
5:30 pm Intro to Step w/ Mandy
6:00 pm Core Fusion w/ Vicki (30 min)
6:30 pm Energized Yoga w/ Marguerite

Thursday

5:15 am Cycle w/ Pam
6:00 am Strength Circuit w/ Rebecca
7:00 am Kettlebell Level 1 w/ Gary*
8:15 am Strength-n-U w/ Lisa
9:15 am Cycle w/ Ray
9:30 am Intro to Cardio Dance w/ Christy
10:15 am Yoga w/ Mike
10:30 am Chair Cardio w/ Christy
12:00 pm Advanced Boot Camp w/ Thad***
3:30 pm Strength Circuit w/ Barbara
4:30 pm Intermediate Boot Camp w/ Lyn***
4:30 pm Core Fusion w/ Mandy
5:30 pm Cardio Dance w/ Allison
6:30 pm Yoga w/ Stephanie

Friday

6:00 am Kettlebell Level 1 w/ Gary*
6:00 am Cycle w/ Chris
7:00 am TRX Body Blast w/ Chris
8:00 am Strength Circuit w/ Judy R
9:00 am Fit Forever w/ Judy R
9:15 am Fluidity w/ Barbara
9:15 am Cycle w/ Mike
10:15 am Therapeutic Yoga w/ Linda

Saturday

8:00 am Strength Circuit w/ Rotation (30 min)
8:30 am Cycle w/ Rotation (30 min)
9:15 am Yoga w/ Rotation

Sunday

3:00 pm Cycle w/ Rotation
4:00 pm Yoga w/ Rotation

* Fundamentals Required
** Registration Required
*** Additional Fee and Registration Required

Classes in blue – Studio 1
Classes in green – Studio 2
Classes in red – Studio 3

www.lmhealthdirections.com

 facebook.com/lmhealthdirections

Monday – Thursday:	5:00 a.m – 8:00 p.m.
Friday:	5:00 a.m – 6:00 p.m.
Saturday:	7:30 a.m – 12:00 p.m.
Sunday:	1:30 p.m. – 6:00 p.m.

July 2018

CARDIOVASCULAR FITNESS:

Cardio Challenge – Increase your strength, stamina, cardiovascular endurance, and agility in this class. This class uses a variety of equipment (step, jump rope, tubing, weights, stability ball, kettlebells) and features a full-body workout combining cardio intervals with muscular endurance training.

Cardio Dance – Enjoy a fun cardiovascular workout while moving to the rhythm of great music! This class features a variety of dancing styles. Open to all levels!

Chair Cardio – Energizing and easy to follow movements to promote cardiovascular endurance. This class utilizes a chair for balance and seated support while performing safe and effective moves.

Intro to Cardio Dance – This fun class is designed for beginners to introduce the basics move techniques of various dance styles.

Intro to Step – This beginner class will teach the very basics of step aerobics to improve coordination, balance, and cardiovascular and muscular endurance.

Fit Forever – Complete fitness class with cardiovascular and muscle conditioning for individuals new to fitness and older adults. Good for participants with exercise limitations.

PLYOGA Express – 4 part interval series of high intensity moves with yoga recovery. Open to all levels!

CYCLE:

Cycle participants must obtain a cycle pass at the Member Services desk 15 minutes prior to class.

Beginner Cycle – This class is designed for beginner riders to learn the basics of cycling. A 'must' for all new riders.

Cycle – Class to challenge your cardiovascular and muscular endurance. Each class is full of energy-powered intervals, hill climbs, sprints and drills to build endurance, strength, and speed.

FUNDAMENTAL CLASSES: **Registration required

*Anyone new to Kettlebells or Pilates must complete Fundamentals classes. Please stop by the Front Desk to put your name on the interest list for the next offering for these classes. **Must attend 3 of the 4 classes.***

Kettlebell Fundamentals – (4-wk class) Beginner class teaches the basic moves for training w/ Kettlebells. Registration required. Pre-requisite: Must have healthy hips, back, shoulders and knees.

Pilates Fundamentals – (4-wk class) Offered to those who have never taken Pilates. Learn the basics of Pilates and breath control. Minimum 4 participants.

MUSCULAR CONDITIONING:

Barre – A ballet inspired workout designed to challenge your core stability and balance. This class launches a total body workout that tones your abs, hips, and seat.

Barre & Dance – This 50-minute combination class consists of ballet barre combinations followed by fun dance routines. This class is open to all levels.

Core Fusion – This class is based in Pilates and features moves from a variety of disciplines designed to strengthen and tone the muscles in your core.

Fluidity – Enjoy dance and movement techniques that combine systematic breathing with slow specific movement to enhance balance, strength, stretch, and promote proper body alignment. This class utilizes equipment including bands, balls, and small weights. Open to all levels!

Kettlebell Level 1 – Use kettlebells to work the entire body emphasizing the hips, hamstrings and core musculature. Pre-requisite: KB Fundamentals

Kettlebell Level 2 – Take your training to the next level of strength and conditioning. Pre-requisite: KB Fundamentals

Sculpt – Total body conditioning class using dumbbells, body bars, balls, tubing, & dynabands. A must for all levels!

Strength-n-U – A total-body strength training group fitness class designed by HD staff for participants of all skill levels and ages.

Strength Circuit – This total body workout is designed to increase your muscular strength by targeting all your major muscle groups. This class utilizes equipment including weights, resistance bands, body bars, and more! A must for all levels!

SPECIALITY CLASSES: ***Additional fee & registration required

Advanced Boot Camp – (6-wk class) 40-minute indoor boot camp class designed for highly skilled participants who possess well-rounded knowledge, ability, and experienced in exercise.

EDGE Boot Camp – (6-wk class) 45-minute beginner indoor boot camp program designed to guide participants towards greater outcomes with exercise and nutrition through hands-on application and lecture.

Intermediate Boot Camp – (6-wk class) 40-minute indoor boot camp designed for more experienced participants who possess more advanced knowledge and skill in exercise.

Starter Strength Specialty SGT – (4-wk class) 40-minute small group class is designed to teach participants how to properly perform basic free-weight exercises to maximize workouts, avoid injury and focus on goals.

TRX Suspension Training:

With TRX Suspension Training, participants harness their own body weight to create resistance as they train to build core and overall strength. Pre-requisites: Need a strong awareness of your body in space, a strong spine, and healthy joints.

TRX participants must obtain a pass at the Member Services desk 15 minutes prior to class.

TRX Body Blast – This 30-minute full-body TRX workout is designed to build overall strength, balance, and flexibility. Open to all levels.

TRX / Kettlebell Fusion – This 50-minute ultimate class combines the best of TRX and Kettlebells for an overall powerful workout. Class begins with TRX intervals followed by Kettlebells conditioning. Pre-requisite: KB Fundamentals

YOGA/PILATES:

Energized Yoga – Join in on this more active style of yoga to get your blood moving. This class is designed to energize and center you. Class includes warm-up, energized poses, and stretching.

Therapeutic Yoga – This slower paced yoga class uses tools from Hatha yoga to improve general health & address specific areas of challenge, limitation & enjoyment. This class also focuses on the specific benefits of various postures, movement sequences, breath techniques, & meditation.

Yoga - Engage your body, mind, and spirit through the practice of Yoga. Participants will engage in dynamic, energetic, and calming movements to encourage the development of strength, body awareness, stamina, balance and mindfulness. Open to all levels!

Yin Yoga – This slow pace meditative style of yoga is designed to improve your range of motion by holding gentle static stretches for 2-4 minutes. This focus on connective tissue increases circulation and joint flexibility.

Pilates Level 1 – Bridge between Pilates Fundamentals and higher-level Pilates classes. You will increase your skill and comfort level. Pre-requisite: Pilates Fundamentals