

# SPRING GROUP FITNESS SCHEDULE

BBC - Basketball Court | GFS - Group Fitness Studio | MBS - Mind Body Studio | Spinning Studio - SS

## MON

**Bootcamp** w/ Andrea W.  
6:00-7:00am **BBC**

**Spin** w/ Maria  
8:30-9:15am **SS**

**Aqua Bootcamp** w/ Sara  
8:30-9:30am **Lap Pool**

**Surge Fit** w/ Libby  
9:30-10:30am **BBC**

**Vinyasa Yoga** w/ Marty  
9:30-10:30am **MBS**

**Dance Fit** w/ Justin  
9:30-10:30am **GFS**

**Hatha Yoga** w/ J.T.  
10:30-11:30am **MBS**

**Gentle Fitness** w/ Nanci  
12:00-1:00pm **GFS**

**Spin** w/ Matthew  
5:45-6:30pm **SS**

**Core & Power Yoga  
Level 2** w/ Claire  
6:00-7:00pm **MBS**

**Power 45** w/ Laura L.  
6:15-7:00pm **GFS**

## TUE

**Spin** w/ Shelley  
6:00-7:00am **SS**

**Upper/Lower**  
w/ Lisa  
8:30-9:15am **BBC**

**Cardio Tone** w/ Lea  
9:00-10:00am **GFS**

**Spin** w/ Lisa  
9:30-10:15am **SS**

**Pilates** w/ Tricia  
9:30-10:30am **MBS**

**Yin Yoga** w/ J.T.  
10:30-11:30am **MBS**

**H2O Fitness** w/ Nanci  
1:00-2:00pm **Lap Pool**

**Pilates** w/ Davy  
5:30-6:15pm **MBS**

**Dance Fit** w/ Justin  
6:00-7:00pm **GFS**

**Yin Yoga** w/ Irina  
6:15-7:15pm **MBS**

## WED

**Vinyasa Yoga** w/ J.T.  
6:00-6:45am **MBS**

**Bootcamp** w/ Andrea K.  
6:00-7:00am **BBC**

**new class**

**LAC Running Group**  
w/ Matthew  
6:00-7:00am **Front Door**

**Spin** w/ Cheryl  
8:30-9:15am **SS**

**Aqua Bootcamp** w/ Sara  
8:30-9:30am **Lap Pool**

**Vinyasa Yoga** w/ Marty  
9:00-10:00am **MBS**

**Bootcamp** w/ John  
9:30-10:30am **BBC**

**WERQ®** w/ Dana  
9:30-10:30am **GFS**

**Vinyasa Yoga** w/ Marty  
10:00-11:00am **MBS**

**Gentle Fitness** w/ Lea  
12:00-1:00pm **GFS**

**Saber Academy**  
w/ Chad  
5:00-6:00pm **MBS**

**new class**

**Strength Cycle** w/ Lisa  
5:45-6:45pm **SS/GFS**

**Adult Kung Fu** w/ Chad  
6:00-7:00pm **MBS**

## THU

**Spin** w/ Shelley  
6:00-7:00am **SS**

**new time**

**Ashtanga Yoga**  
w/ Claire  
8:15-9:15am **MBS**

**Upper/Lower** w/ Laura L.  
8:30-9:15am **BBC**

**Cardio Tone** w/ Lea  
9:00-10:00am **GFS**

**Spin** w/ Laura M.  
9:30-10:15am **SS**

**Surge Fit** w/ Libby  
9:30-10:30am **BBC**

**Pilates** w/ Tricia  
9:30-10:30am **MBS**

**Slow Flow Yoga**  
w/ Julie  
10:30-11:30am **MBS**

**new class**

**Meditation & Yoga**  
w/ J.T.  
12:00-12:45pm **MBS**

**H2O Fitness** w/ Nanci  
1:00-2:00pm **Lap Pool**

**Express Barre Blend**  
w/ Irina  
5:15-6:00pm **GFS**

**Yin Yoga** w/ Irina  
6:00-7:00pm **MBS**

**Dance Fit** w/ Lisa  
6:00-7:00pm **GFS**

## FRI

**Bootcamp** w/ Kristi  
6:00-7:00am **BBC**

**Vinyasa Yoga** w/ J.T.  
6:00-6:45am **MBS**

**Posture & Strength**  
w/ Davy  
8:00-9:00am **GFS**

**Spin** w/ Maria  
8:30-9:15am **SS**

**Step** w/ Lea  
9:00-10:00am **GFS**

**Bootcamp** w/ Lisa  
9:30-10:30am **BBC**

**Core & Power  
Yoga** w/ Marty  
9:30-10:30am **MBS**

**Yin Yoga** w/ Cheryl  
10:30-11:30am **MBS**

**Core & Power Yoga  
Level 2** w/ Claire  
5:30-6:30pm **MBS**

## SAT

**Resistance/Cardio  
Training** w/ Lea  
8:00-9:00am **GFS**

**Vinyasa Yoga** w/ Laurie  
8:00-9:00am **MBS**

**Spin** w/ Andrea K.  
9:00-9:45am **SS**

**Bootcamp** w/ Lisa  
9:00-10:00am **GFS**

**Yoga/Pilates Fusion**  
w/ Cheryl  
9:00-10:00am **MBS**

**Power 45** w/ Lisa  
10:00-10:45am **GFS**

**Reset + Restore  
Yoga** w/ J.T.  
10:00-11:00am **MBS**  
11:00-11:50am **MBS**

**youth class** w/ Chad  
**Kids Kung Fu (8-12)**  
11:00-11:30am **GFS**

**youth class** w/ Chad  
**Younglings Saber  
Academy (7-12)**  
11:30am-12:00pm **GFS**

**new class** **Ages 5-9**  
**Youth Yoga** w/ Megan  
12:00-12:30pm **GFS**

**Championship Light  
Fencing** w/ Chad  
12:00-1:00pm **MBS**

**new class** **Ages 10-14**  
**Youth Yoga** w/ Megan  
12:30-1:15pm **GFS**

**Sword Lab** w/ Chad  
1:00-2:00pm **MBS**

## SUN

**Express Pump & Jump**  
w/ Kristi  
9:00-9:30am **GFS**

**Spin** w/ Matthew  
9:00-9:45am **SS**

**Core & Power  
Yoga** w/ Irina  
9:00-10:00am **MBS**

**Power 30** w/ Kristi  
9:30-10:00am **GFS**

**Yin Yoga** w/ Irina  
10:00-11:00am **MBS**

**WERQ®** w/ Dana  
10:15-11:15am **GFS**

# Group Fitness

2024

Revised March 7, 2024

Effective April 1, 2024

Alternate Schedule

Monday, May 27 (Memorial Day)

**Aqua Bootcamp** (*high intensity, low impact, light weights*) A high-intensity, pool-based aerobics class, Aqua Bootcamp is a great addition to cross training. Appropriate for all fitness levels, including those with joint or back limitations.

**Barre Blend** (*high intensity, low impact, light weights*) Barre Blend combines the disciplines of barre Pilates and yoga to provide a comprehensive, full-body core and toning workout. Props (e.g. bands, light weights, bar) may be used to enhance participant experience. Appropriate for all fitness levels.

**Bootcamp** (*high intensity, high impact, medium-heavy weights*) A pulse-pounding workout experience, Bootcamp combines anaerobic athletic drills (e.g. sprints and jumping) with strength and stabilization exercises. Due to the intensity of this training, a check-in with the instructor before the first class is recommended.

**Cardio Tone** (*high intensity, low impact, light-medium weights*) Specifically designed for those who like an intense routine but prefer not to jump, this class combines energetic, rhythmic cardio with resistance intervals to create a challenging and fun workout. Appropriate for all fitness levels.

**Dance Fit** (*medium intensity, medium impact, no weights*) Dance Fit is a fun, high energy class that combines popular music with easy-to-learn dance styles like swing, hip hop, and salsa. Appropriate for all fitness and experience levels.

**Gentle Fitness** (*low intensity, no impact, light weights*) Geared toward beginning exercisers and those with neuromuscular tightness, injury, or restricted movement, this class focuses on improving overall fitness with exercises that use props (e.g. mat, ball, and bands) and one's own body weight. Appropriate for all fitness levels.

**H2O Fitness** (*medium intensity, low impact, light weights*) Working the body against the 3-dimensional resistance of water, participants will expend energy and gain toning without stressing their joints. Appropriate for all fitness and swimming levels.

**LAC Running Group** Lace up your shoes for the LAC Running Group! Join our running community where we can come together not just to run, but also get to know and support one another. Open to anyone, advanced or beginners. Each class will begin with a dynamic warm-up, followed by a running workout. Paces and distances will vary week to week, and by individual ability. Meets outside during favorable weather, and inside in inclement weather.

**Pilates** (*low intensity, no impact, light weights*) Pilates is a mat-based workout geared toward building a strong core through strength, flexibility, and stability exercises. Props may be used to add variety and increase focus. Appropriate for all fitness levels.

**Posture & Strength** (*low intensity, low impact, light weights*) A Pilates alignment-based class focused on strengthening the postural muscles to counteract rounded shoulders and forward head, this class is for anyone who would like to improve text neck, kyphosis, or prevent either from progressing. The instructor will use light weights and Pilates props to help participants strengthen their bodies into alignment. Appropriate for all ages; safe for those with osteoporosis.

**Power 30.45** (*medium intensity, low impact, heavy weights*) An intense, muscle-building, strength training class that challenges all muscle groups with the use of heavy weights and low repetitions with the goal of achieving an athletically sculpted body. Some weight training experience is necessary.

**Pump + Jump** (*high intensity, high impact, medium-heavy weights*) This class combines athletic strength training with plyometric drills (jumping) to improve strength and cardio endurance via cardio circuits and intervals. Appropriate for all fitness levels; modifications available.

**Resistance/Cardio Training** (*medium intensity, low impact, medium to heavy weights*) Resistance cardio training is a low-impact lifting class with intervals of cardio done to fun, upbeat music. This class is great for those who want a strength workout but prefer not to jump. Please note that this class is 75% Strength, 25% Cardio.

**Spin** (*high intensity, no impact, no weights*) Participants will increase their aerobic endurance and strength as they ride through imaginary landscapes, accompanied by upbeat music and motivational instructors! Appropriate for all fitness levels, spinning is performed on a stationary bike with the intent of simulating an outdoor ride; offered in 30-, 45-, and 60-minute formats.

**Step** (*medium-high intensity, medium-high impact, no weights*) A fun, well-choreographed, fat-burning workout, this class uses an adjustable step platform. Appropriate for all fitness levels, although some coordination is helpful.

**Strength Cycle** (*high intensity, no impact, medium to heavy weights*) A unique class which combines advantages of a cardio spin class with the strength building of an upper body/core power class. Open to both beginners and experienced spinners; participants will increase their aerobic endurance whilst also improving their upper body and core strength.

**Surge Fit** (*high intensity, high impact, medium to heavy weights*) Set to popular music, this class provides an energizing interval workout that intertwines high-intensity cardio tracks with targeted weight training tracks. Appropriate for all fitness levels.

**Upper/Lower** (*low intensity, low impact, medium weights*) A strength training class focusing on muscular endurance through high repetition, Upper/Lower combines multi-joint exercises with a variety of equipment.

**WERQ®** (*high intensity, high impact, no weights*) Based on pop and hip-hop music, WERQ® is a high energy, dance fitness class that will get the heart pumping! No dance or WERQ® experience is required: the warm-up will preview some of the moves used in the class. Cool down with a combination of yoga-inspired stretching and balance poses. Appropriate for all fitness levels.

**Core & Power Yoga** (*medium intensity, no impact, no weights*) This vinyasa flow yoga class focuses on core-powered transitions to improve strength, balance, and flexibility. Appropriate for all fitness levels. **Level 2 Core & Power** (*high intensity, no impact, no weights some experience necessary*)

**Hatha Yoga** (*low intensity, no impact, no weights*) Hatha Yoga is about creating balance and uniting opposites. Release stress and tension while building strength and flexibility through asanas (body position), pranayama (breath control), and meditative positions. Appropriate for all fitness levels. This class does not include flow.

**Meditation & Yoga** (*low intensity, no impact, no weights*) This class will combine a seated guided meditation and basic, restorative yoga postures to bring more awareness and stillness to the body and mind. No experience is necessary.

**Reset +Restore Yoga** (*low intensity, no impact, no weights*) This class combines the principles of Hatha and Yin to reset and restore balance to the body and mind. Appropriate for all fitness levels.

**Slow Flow Yoga** (*low intensity, no impact, no weights*) Yoga is a workout and a work IN. This class will teach functional skills that can be taken off the mat into your day-to-day life. Balance, focus, and strengthen your body and mind while releasing stress and tension and building both functional strength and flexibility.

**Vinyasa Yoga** (*low intensity, no impact, no weights*) A popular style of yoga in which the breath is synchronized with a flowing sequence of postures, Vinyasa challenges and empowers participants to realize the connection between breath and core strength. Each instructor brings a unique variation to the practice, including music, to enhance the flow and rhythm of the class. Appropriate for all fitness levels.

**Yin Yoga** (*low intensity, no impact, no weights*) A non-flow yoga in which poses are held for several minutes. The asanas in Yin target the connective tissue, increasing joint circulation and improving flexibility. Appropriate for all fitness levels.

**Yoga/Pilates Fusion** (*low intensity, no impact, no weights*) This class combines Pilates-based movements and power yoga to enhance strength, flexibility, and core stability. Appropriate for all fitness levels.

**Youth Yoga** (*low intensity, no impact, no weights*) This class introduces children to mindfulness, yoga, and breathwork through the utilization of games, books, and playful movement. Differentiating instruction to meet the individual developmental needs of all participants, the instructor will support students in building confidence and greater awareness of themselves and the world around them. Children are strongly encouraged, but not required, to attend on their own.

Registration is required for all classes, and is open 2-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.

Group Fitness classes, with the exception of Spinning, are open to participants age 12 and up. Spinning participants must be 15 years of age or older (children age 14 may participate if accompanied by a parent).



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