



Week of:
7/12/20

WAVERLEY OAKS

ATHLETIC CLUB

VIRTUAL IN STUDIO CLASSES



energize

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			LES MILLS BODYPUMP 7:30AM - 8:15AM LES MILLS barre 9:30AM - 10:00AM LES MILLS BODYPUMP 11:30AM - 12:15PM LES MILLS GRIT ATHLETIC 1:30PM - 2:00PM LES MILLS BODYPUMP 3:30PM - 4:15PM LES MILLS BODYCOMBAT 5:30PM - 6:15PM LES MILLS BODYPUMP 7:30PM - 8:15PM	LES MILLS GRIT STRENGTH 7:30AM - 8:00AM LES MILLS BODYPUMP 9:30AM - 10:15AM LES MILLS GRIT CARDIO 11:30AM - 12:00PM LES MILLS BODYCOMBAT 1:30PM - 2:15PM LES MILLS barre 3:30PM - 4:00PM LES MILLS BODYPUMP 5:30PM - 6:15PM	LES MILLS BODYCOMBAT 7:30AM - 8:15AM LES MILLS BODYPUMP 9:30AM - 10:15AM LES MILLS GRIT ATHLETIC 11:30AM - 12:00PM LES MILLS barre 1:30PM - 2:00PM LES MILLS BODYPUMP 3:30PM - 4:15PM	LES MILLS barre 7:30AM - 8:00AM LES MILLS BODYPUMP 9:30AM - 10:15AM ZUMBA LIVE 12:00pm - 12:45pm LES MILLS GRIT CARDIO 1:30PM - 2:00PM LES MILLS BODYPUMP 3:30PM - 4:15PM

accelerate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS sprint 7:30AM - 8:00AM	LES MILLS sprint 7:30AM - 8:00AM	LES MILLS sprint 7:30AM - 8:00AM	LES MILLS sprint 7:30AM - 8:00AM	LES MILLS sprint 7:30AM - 8:00AM	LES MILLS sprint 7:30AM - 8:00AM	LES MILLS sprint 7:30AM - 8:00AM
LES MILLS sprint 9:30AM - 10:00AM	LES MILLS sprint 9:30AM - 10:00AM	LES MILLS sprint 9:30AM - 10:00AM	LES MILLS sprint 9:30AM - 10:00AM	LES MILLS sprint 9:30AM - 10:00AM	LES MILLS sprint 9:30AM - 10:00AM	LES MILLS sprint 9:30AM - 10:00AM
LES MILLS sprint 11:30AM - 12:00PM	LES MILLS sprint 11:30AM - 12:00PM	LES MILLS sprint 11:30AM - 12:00PM	LES MILLS sprint 11:30AM - 12:00PM	LES MILLS sprint 11:30AM - 12:00PM	LES MILLS sprint 11:30AM - 12:00PM	LES MILLS sprint 11:30AM - 12:00PM
LES MILLS sprint 1:30PM - 2:00PM	LES MILLS sprint 1:30PM - 2:00PM	LES MILLS sprint 1:30PM - 2:00PM	LES MILLS sprint 1:30PM - 2:00PM	LES MILLS sprint 1:30PM - 2:00PM	LES MILLS sprint 1:30PM - 2:00PM	LES MILLS sprint 1:30PM - 2:00PM
LES MILLS sprint 3:30PM - 4:00PM	LES MILLS sprint 3:30PM - 4:00PM	LES MILLS sprint 3:30PM - 4:00PM	LES MILLS sprint 3:30PM - 4:00PM	LES MILLS sprint 3:30PM - 4:00PM	LES MILLS sprint 3:30PM - 4:00PM	LES MILLS sprint 3:30PM - 4:00PM
LES MILLS sprint 5:30PM - 6:00PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS sprint 5:30PM - 6:00PM	LES MILLS sprint 5:30PM - 6:00PM		LES MILLS sprint 3:30PM - 4:00PM

Book your spot through the NEW APP or call the desk.



VIRTUAL IN STUDIO CLASS DESCRIPTIONS



Class Name

Class Description

Equipment



30 min. Perform ballet inspired movement to build strength and muscular endurance.

Plates or Dumbbells



45 min. High-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Mat



45 min. The original barbell class that shapes, tones and strengthens your entire body. ... The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

Bench with risers, dumbbells or barbell



30 min. High-Intensity Interval Training (HIIT) workout that focuses on speed and agility to achieve the H.I.I.T. effect.

Bench with risers, a single plate



30 min. High-Intensity Interval Training (HIIT) workout that focuses on athletic power to achieve the H.I.I.T. effect.

None



60 min. High-Intensity Interval Training (HIIT) workout that focuses on load and range of motion to achieve the H.I.I.T. effect.

Barbell with medium weight, 1 or 3 plates



30 min. High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Indoor bike