



Week of:  
7/12/20

# WAVERLEY OAKS

## ATHLETIC CLUB

### VIRTUAL IN STUDIO CLASSES

Virtual Classes



In Studio



## energize

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

#### LESMILLS BODYPUMP

7:30AM - 8:15AM

#### LESMILLS barre

9:30AM - 10:00AM

#### LESMILLS BODYPUMP

11:30AM - 12:15PM

#### LESMILLS GRIT | ATHLETIC

1:30PM - 2:00PM

#### LESMILLS BODYPUMP

3:30PM - 4:15PM

#### LESMILLS BODYCOMBAT

5:30PM - 6:15PM

#### LESMILLS BODYPUMP

7:30PM - 8:15PM

#### LESMILLS GRIT | STRENGTH

7:30AM - 8:00AM

#### LESMILLS BODYPUMP

9:30AM - 10:15AM

#### LESMILLS GRIT | CARDIO

11:30AM - 12:00PM

#### LESMILLS BODYCOMBAT

1:30PM - 2:15PM

#### LESMILLS barre

3:30PM - 4:00PM

#### LESMILLS BODYPUMP

5:30PM - 6:15PM

#### LESMILLS BODYCOMBAT

7:30AM - 8:15AM

#### LESMILLS BODYPUMP

9:30AM - 10:15AM

#### LESMILLS GRIT | ATHLETIC

11:30AM - 12:00PM

#### LESMILLS barre

1:30PM - 2:00PM

#### LESMILLS BODYPUMP

3:30PM - 4:15PM

#### LESMILLS barre

7:30AM - 8:00AM

#### LESMILLS BODYPUMP

9:30AM - 10:15AM

#### LESMILLS ZUMBA® LIVE VIELKA

12:00pm - 12:45pm

#### LESMILLS GRIT | CARDIO

1:30PM - 2:00PM

#### LESMILLS BODYPUMP

3:30PM - 4:15PM

## accelerate

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

#### LESMILLS sprint

7:30AM - 8:00AM

#### LESMILLS sprint

9:30AM - 10:00AM

#### LESMILLS sprint

11:30AM - 12:00PM

#### LESMILLS sprint

1:30PM - 2:00PM

#### LESMILLS sprint

3:30PM - 4:00PM

#### LESMILLS sprint

5:30PM - 6:00PM

#### LESMILLS sprint

7:30AM - 8:00AM

#### LESMILLS sprint

9:30AM - 10:00AM

#### LESMILLS sprint

11:30AM - 12:00PM

#### LESMILLS sprint

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7:30AM - 8:00AM

#### LESMILLS sprint

9:30AM - 10:00AM

#### LESMILLS sprint

11:30AM - 12:00PM

#### LESMILLS sprint

1:30PM - 2:00PM

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3:30PM - 4:00PM

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11:30AM - 12:00PM

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9:30AM - 10:00AM

#### LESMILLS sprint

11:30AM - 12:00PM

#### LESMILLS sprint

1:30PM - 2:00PM

#### LESMILLS sprint

3:30PM - 4:00PM

#### LESMILLS sprint

5:30PM - 6:00PM

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



Class Name



## VIRTUAL IN STUDIO CLASS DESCRIPTIONS



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



0 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