



# GROUP EXERCISE SCHEDULE

January 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	TIME	Sunday
5:30 am	<i>Group Cycle</i> Tisha GCS				<i>Group Cycle</i> Tisha GCS			7:30 am	
5:45 am	<b>LES MILLS BODYFLOW</b> Sally GER	<b>LES MILLS BODYPUMP</b> Milisa GER	<b>LES MILLS BODYFLOW</b> Lisa GER	<b>LES MILLS BODYPUMP</b> Milisa GER		8:30 am	<i>Pilates</i> Marilyn GER	8:15 am	<i>Group Cycle</i> Marc GCS
6:30 am	<i>Group Cycle</i> Tisha GCS		<i>Group Cycle</i> Marc GCS 6AM		<i>Group Cycle</i> Joe/Marc GCS	9:30 am	<b>LES MILLS RPM</b> Julie GCS	8:30 am	<b>LES MILLS BODYVIVE</b> Marilyn GER
8:30 am			<b>LES MILLS BODYSTEP</b> Ryann GER	<b>LES MILLS RPM</b> Ali GCS	<b>LES MILLS BODYCOMBAT</b> Sam GER 8am	9:30 am	<b>LES MILLS BODYSTEP</b> Katie GER	9:30 am	<i>Group Cycle</i> Joe GCS
8:30 am		<b>LES MILLS BODYPUMP</b> Marilyn GER		<b>LES MILLS BODYPUMP</b> Sallie GER	<b>LES MILLS RPM</b> Jamie GCS	9:30 am	CONDITIONING Erika Fitness Floor	9:30 am	<b>LES MILLS BODYPUMP</b> Marilyn GER
8:30 am					<i>Advanced Pilates</i> Marilyn - Kinesis	10:30 am	<i>Group Cycle</i> Reagan GCS		
9 am	<b>LES MILLS BODYVIVE</b> Marilyn GYM		<b>ZUMBA</b> Cindy GYM		<b>ZUMBA</b> Cindy GYM	10:30 am	<b>LES MILLS BODYPUMP</b> Sally GER	10:30 am	<b>LES MILLS BODYFLOW</b> Marilyn GER
9 am	<i>Group Cycle</i> Jamie GCS		<div style="border: 1px solid red; padding: 5px;">           There must be at least 3 participants for instructor to teach a class         </div>		<b>LES MILLS BODYATTACK</b> Angie GER				
9 am	<b>LES MILLS BODYCOMBAT</b> Milisa GER								
9:30 am	<i>Pilates</i> Sallie Studio 2	<i>Group Cycle</i> Bree GCS	<i>Group Cycle</i> Ali GCS						
9:30 am		<b>LES MILLS BODYFLOW</b> Marilyn GER	<b>LES MILLS BODYPUMP</b> Angie GER	<b>LES MILLS BODYVIVE</b> Marilyn GER					
9:30 am			<i>Pilates</i> Marilyn Studio 2		<i>Pilates</i> Susan Studio 2				
10 am	<b>LES MILLS BODYPUMP</b> Alicia GER				<b>LES MILLS BODYPUMP</b> Sallie GER				
10:30 am		CONDITIONING Tisha GER		CONDITIONING Tisha GER					



**Note:**  
If a class does not average at least 8 members per month, we reserve the right to cancel or reschedule the class.

**Fitness & Sports Hours**  
 Mon - Thurs 5:30 am -10pm  
 Friday 5:30 am - 6 pm  
 Sat & Sun 7:30 am - 7 pm

Lori Gold - Group Exercise Chairperson  
 Marilyn Bruce - GE Coordinator  
 913-327-8081

TIME	Monday	Tuesday	Wednesday	Thursday
5 pm		<b>ZUMBA</b> Amanda GER		<b>LES MILLS BODYFLOW</b> Marilyn GER
5:30 pm	<b>LES MILLS BODYATTACK</b> Angie GER		<b>LES MILLS BODYVIVE</b> Marilyn GER	<i>Pilates</i> Sallie Studio 2
5:30 pm	<i>Pilates</i> Marilyn Studio 2			
6 pm		<i>Group Cycle</i> Joe GCS		<i>Group Cycle</i> Julie GCS
6 pm		<b>LES MILLS BODYCOMBAT</b> Angela GER		<b>ZUMBA</b> Amanda GER
6:30 pm	<b>LES MILLS BODYPUMP</b> Angie GER		<b>LES MILLS BODYPUMP</b> Sally GER	
7 pm		<b>LES MILLS BODYFLOW</b> Sally GER		<b>LES MILLS BODYFLOW</b> Lisa GER












• The aerobic program is open to individuals aged 16 and over.  
 • Youth 13-15 may participate on a space available basis.  
 \* Youth 11-13 may participate on a space available basis but must be accompanied by a parent who is also participating in the same class.  
 • *Classes may sometimes be cancelled due to inclement weather, call the weather hotline at 913-327-8080 to verify your schedule.*

**\* Please Note: NO ADMITTANCE 15 MINUTES AFTER THE SCHEDULED START OF CLASSES!**

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## Group Exercise Class Descriptions

All Group Exercise Classes are FREE to members.

-  - is a high-energy sports-inspired cardio workout that builds strength and stamina. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.
-  - is The Workout With Punch. The energetic martial arts workout where you are totally unleashed and empowered.
-  - the Yoga, Tai Chi & Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.
-  - you've always wanted to "dance away the pounds" - here's your chance! Think dance school for this combination dance-cardio workout.
-  - is hailed as The Fastest Way In The Universe To Get In Shape. Challenge yourself with the original barbell workout that strengthens and tones your entire body.
-  - is an All Systems Go STEP workout. Feel liberated and alive with the energizing step workout that pushes fat-burning systems into high gear.
-  - A low impact mid-level cardio class that includes functional strength and core exercises.
-  - is a 50 minute indoor cycling class based on outdoor riding. Ride the rhythm and burn up to 600 calories in a session! You will increase your cardio fitness, burn fat, tone & shape your legs, hips & butt!
-  - Athletic moves with lots of fun stuff. a little step, hi-lo and toning. Be ready to work!
- Pilates* - Prepare to strengthen and stretch your body through an ordered series of exercises, with no impact to your joints.
- Advanced Pilates* - For experienced Pilates members who want to go to the next level using BOSU and Foam rollers.
- Group Cycle* - No complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body!
- ZUMBA** - Fuses Latin rhythms and easy to follow moves. It is one hour of calorie-burning, body-energizing, awe-inspiring movements.