

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:45 Studio Cycle CYCLE STUDIO Jody F.	05:45 Barbell Strength STUDIO Andrea D	05:45 Hot Yoga YOGA STUDIO Charlotte D	MORNING			09:15 Studio Cycle CYCLE STUDIO Aimee R
08:45 Strictly Strength STUDIO Amanda C.	09:00 Studio Cycle CYCLE STUDIO Shannon F	05:45 Studio Cycle CYCLE STUDIO Beverly M.	05:45 Barbell Strength STUDIO Andrea D	05:45 Studio Cycle CYCLE STUDIO Aimee H	08:30 Barbell Strength STUDIO Kristin O	10:15 Vinyasa Flow Yoga STUDIO Neva A
09:30 Cardio Kickboxing STUDIO Molly L	09:30 Total Conditioning STUDIO Sue	08:45 C.R.T STUDIO Adrienne C	09:30 Total Conditioning STUDIO Molly L.	09:30 Studio Cycle CYCLE STUDIO Shannon F	09:15 Studio Cycle CYCLE STUDIO Christine D	MIDDAY
09:30 Yoga Basics YOGA STUDIO Charlotte D	09:30 Hot Yoga YOGA STUDIO Hassina A	09:30 Barbell Strength STUDIO Robin F	09:30 Hot Yoga YOGA STUDIO Hassina A	09:30 Ballet Body Fusion STUDIO Molly L.	09:30 C.R.T STUDIO Rotating	11:15 Zumba STUDIO Jenny G.
10:30 Barbell Strength STUDIO Sue	10:30 Zumba STUDIO Joanna W	09:30 Fitness Yoga YOGA STUDIO Jennifer M	10:30 Zumba STUDIO Sherry L	10:30 Slow Burn Yoga YOGA STUDIO Jennifer M	09:30 Yoga Basics YOGA STUDIO Rotating	01:30 Barbell Strength STUDIO Chris F
MIDDAY		MIDDAY		MIDDAY		MIDDAY
11:30 Vinyasa Flow Yoga YOGA STUDIO Jennifer M	10:30 Fitness Pilates YOGA STUDIO Cathy	10:30 Ballet Body Fusion STUDIO Jenny G.	EVENING			MIDDAY
EVENING		EVENING		EVENING		EVENING
04:30 Barbell Strength STUDIO Chris F/Kelley	11:30 F.I.T STUDIO Chelsea W	11:30 Zumba STUDIO Jenny G.	04:30 Fitness Pilates STUDIO Cathy	11:30 Zumba STUDIO Shelly	EVENING	
05:30 Zumba STUDIO Joanna W	04:30 Zumba STUDIO Analu S.	04:30 Barbell Strength STUDIO Kelley P	05:30 Total Conditioning STUDIO Sue R	05:30 Cardio Blast STUDIO Paul K	EVENING	
05:30 Zumbatomic YOGA STUDIO Sherry L	05:30 Total Conditioning STUDIO Molly L.	05:30 No Limits Cardio STUDIO Doug H	06:00 Run Club OUTDOOR ACTIVITIES Dan/Cheri	06:00 Hot Yoga YOGA STUDIO Stacey H	EVENING	
05:30 Studio Cycle CYCLE STUDIO Jamie S	06:00 Tuesday Run OUTDOOR ACTIVITIES Eman	05:30 Studio Cycle CYCLE STUDIO Christine D	06:00 Studio Cycle CYCLE STUDIO Anne W	EVENING		
06:30 Barbell Strength STUDIO Robin/Kristin	06:30 Studio Cycle CYCLE STUDIO Coryn V	06:30 Barbell Strength STUDIO Sarah W	06:30 Zumba STUDIO Joy G	EVENING		
06:30 Vinyasa Flow Yoga YOGA STUDIO Stacey H	06:30 Cardio Kickboxing STUDIO Neva A	06:30 Hatha Yoga YOGA STUDIO Beth K	07:30 Hatha Yoga YOGA STUDIO Heather C	EVENING		
07:30 Fitness Pilates YOGA STUDIO Cathy	07:30 Hatha Yoga YOGA STUDIO Heather C	07:30 Zumba STUDIO Analu S.	EVENING			

▲ 30 minute class ● 45 minute class ■ 75 minute class ◆ 90 minute class ★ Featured Class

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Aqua Fitness

The water provides an atmosphere of safe resistance for aerobic conditioning. You need not be a swimmer to participate. Classes include water fitness training with sports-specific drills and cardiovascular work. You're sure to improve your cardiovascular conditioning as well as muscular strength and endurance. Our classes combine cardio and strength using the latest aquatics equipment for a total body workout.

Cardio + Strength

Get more bang for your buck by combining both cardiovascular and strength training all in one efficient workout!

Ballet Body Fusion

Ballet Body Fusion is a total body conditioning program that blends classical ballet exercises and Pilates with a guaranteed special focus on core fitness. Enjoy a fun, invigorating workout that develops muscular endurance, dynamic balance, flexibility and of course core strength. No dance experience necessary - non-dancers are welcome!

C.R.T

Cardio (Cardio Resistance Training)

This class will alternate intervals of intermediate, choreographed cardio with strength training exercises for a full-body workout that will keep you coming back for more!

Total Conditioning

Combine full-body resistance training with continuous cardio training and you get Total Conditioning. This intense athletic workout uses a variety of equipment and cycle activity with built-in recovery for an efficient, easy-to-follow workout. Note: You'll want to master "Strictly Strength" before moving on to Total Conditioning.

Cardio - Athletic

Don't feel coordinated? No problem. Our Athletic Cardio classes offer easy-to-follow yet challenging workouts that allow you to achieve results and actively participate in a healthy way of life.

Cardio Kickboxing

Develop new skills and a strong core as you burn a ton of calories in this fierce but fun kickboxing class. Easy-to-follow combinations of upper-body strikes, lower-body strikes, blocks and athletic drills make up this killer cardio workout.

No Limits Cardio

This athletic-based cardio class is sure to challenge you with non-stop speed, plyometric and agility drills. Bring out the athlete in YOU!

Cardio - Choreographed

Choreographed Cardio: Designed as fun cardiovascular workouts, these classes incorporate the best choreography and techniques with great music.

Cardio Blast

Cardio Blast gives you a taste of what started it all hi/lo aerobics. If you are looking for a fun, high energy choreographed cardio class filled with enthusiasm and great music - this is it!

Zumba

Zumba comes to LTF! Be prepared to move to hypnotic Latin and international rhythms. Our Zumba instructors are trained in both Zumba as well as Life Time's 5 Star Instructor Development Program. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape.

Zumbatomic

Kids naturally love to dance, wiggle and sing along to great songs. Zumbatomic is a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane

workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Ages 6 -11.

Drop-off/Pick-up at Child Care Center.

Cycle

Haven't been outside on a bike recently? No problem. Our indoor cycling classes offer easy-to-follow yet challenging workouts that allow you to achieve results and actively participate in a healthy way of life.

Studio Cycle

Studio Cycle classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. This class is multi-level and no outdoor cycling experience is required - although you might find yourself outside after a few classes!

Fitness Pilates

Learn to utilize and strengthen your powerhouse: deep abdominal muscles, obliques and lower back. In this one-hour class that combines the precise movements of Pilates with traditional fitness elements.

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Flexibility Balance

Improve your balance, flexibility, and range of motion with classes that focus on these important areas of fitness.

Group Fitness Mixed Combat Art

Please join us for Mixed Combat Arts classes - free with your membership! (Available at select locations)

Lifepower Cardio + Strength

LifePower Yoga is a place where you can either enjoy your first Yoga experience or deepen your personal practice while being part of an inspired community. We offer a unique approach to your Healthy Way of Life that focuses on nourishing your mind, body and spirit while leaving you feeling energized and uplifted. The countless benefits of Yoga include improved flexibility, muscular strength and endurance, stamina and stress reduction. You'll find it is the perfect complement to any fitness routine; so, come experience our Signature Vinyasa series as well as our many other traditional Yoga offerings and fusion classes. LifePower classes are included with your membership.

Lifepower Pilates Classes

Originally developed in the 1920's by Joseph Pilates, the Pilates exercise method is a total-body conditioning workout that produces long, lean muscles, while improving deep core strength, muscle control, flexibility, coordination and body tone. Pilates exercises emphasize smooth, flowing movements that are propelled by both the breath and the Powerhouse (the Powerhouse includes the abdominal muscles, low back muscles, pelvic floor, muscles around the hips, and the glutes).

The exercises can be performed on a sticky mat, or on specialized equipment such as The Reformer, which springs to provide resistance and assistance to build strength without increasing bulk. For safety and efficiency, Pilates Equipment classes are offered in small-groups so instructors can give students personalized attention. Many of the Equipment Pilates classes at Life Time Fitness also include mat work.

Lifepower Studio Yoga Classes

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Mca Fitness Classes

Run Club

Whether we hit the streets, the trails or a track, you'll get a good run while meeting new friends and creating a sense of Team. All levels are encouraged to join us!

Run Club

Special Event

This is where you can find our very own Feature Classes unique to each club!

Strength Training

We offer a progression of strength training classes from basic resistance training to more advanced functional strength training. All will allow you to challenge your body and become stronger.

Barbell Strength

Join us as we raise the bar in this strength training class designed for all fitness levels. We will use Iron Grip Strength Equipment as the primary resistance tool to improve muscular strength and endurance. *Space is limited based on equipment.

F.I.T

(Functional Integrated Training)

Challenge yourself beyond traditional strength training with this advanced, total body functional strength training class. We will challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises.

Strictly Strength

This multi-level class is for anyone who wants to develop muscular strength and endurance. We'll tackle "basic" resistance training exercises using traditional, strategic principles. This simple, easy-to-follow workout challenges every major muscle using a variety of equipment.

Yoga Classes

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Fitness Yoga

Make the mind-body connection in this vinyasa-inspired yoga class. Working with the breath, you'll be challenged through a dynamic flow of postures designed to improve strength, flexibility, endurance and balance. *for all levels

Hatha Yoga

Strength & Flexibility / 60min / 75°

All Yoga stems from this traditional form. Come explore a series of basic poses allowing you to create the pose based on your own body readiness The focus is on awareness as well as alignment and the teachers will lead you through the practice one pose at a time. Participants are encouraged to use props as needed to enhance their experience.

Hot Yoga

****Heated**** In this class the teacher will use their own style to lead you through a vigorous sequence of yoga postures. The combination of heat, deep breathing, and challenge will bring you to new levels of awareness, balance, and well being. This is a multi-level class appropriate for any student looking to find their edge and grow.

Slow Burn Yoga

From the slower progressive sequences, to the longer holding postures, the entire body and mind are brought into balance in this focused, intense yet calming class. It is a great option for newer students who may be nervous about trying yoga. You will be encouraged to explore all the benefits of each posture while finding equanimity between challenge and release. This practice is typically accompanied by soothing music. *for all levels

Vinyasa Flow Yoga

Enjoy an energetic yoga class that uses a flowing series of postures to create heat within the body as you increase strength, flexibility, endurance and balance. The teacher first guides the class through the flow together; then, each student moves at his or her own pace. Vinyasa Flow is good for new students who are physically active, those interested in the fitness benefits of yoga, and anyone who wants to dive in to a multi-level yet strong practice. This practice is typically accompanied by a warm room and upbeat music. *for all levels

Yoga Basics

If you are looking to grow your practice from the ground up or return to the basic roots of yoga, this class is for you. Come explore a series of basic poses allowing you to create the pose based on your own body readiness. The teacher guides you through the practice one pose at a time leading to improved strength, flexibility and body awareness. *for all levels