



**September 2021
Studio Group Exercise Classes**

Monday No Class 9/6	Tuesday	Wednesday	Thursday	Friday
9-10 a.m. Interval Insanity w/ Leora	5:30-6:30 a.m. BODYPUMP w/ Cami Libby 9/21 LES MILLS BODYPUMP	5:30-6:30 a.m. Interval Insanity w/ Leora	5:30-6:30 a.m. BODYPUMP w/ Libby Haley 9/9 LES MILLS BODYPUMP	5:45-6:30 a.m. Cycle 45 w/ Amelia
9:15-10:15 a.m. Classical Pilates w/ Mary MVE 9/27	5:45-6:30 a.m. Cycle 45 w/ Leora	9-10 a.m. Multi-level Yoga w/ Kathy	5:45-6:30 a.m. Cycle 45 w/ Kendra Cami 9/2	9:15-10:15 a.m. Yoga Fusion w/ Jeannie Olivia 9/24
11:15-12 p.m. Chair Yoga w/ Rebecca	9-9:45 a.m. Stretch & Relax w/ Suzanne	10:15-11 a.m. Zumba w/ Kathy	9-9:45 a.m. Stretch & Relax w/ Rebecca	
5:15-6 p.m. BODYPUMP w/ Libby LES MILLS BODYPUMP	10-10:45 a.m. Sculpt & Balance w/ Teri	5:15-6 p.m. BODYPUMP w/ Haley Libby 9/8 LES MILLS BODYPUMP	9-9:45 a.m. Interval Insanity w/ Leora @ Outdoor Pavilion	
5:30-6:30 p.m. Multi-level Yoga w/ Kelley	11-11:30 a.m. Yoga Basics w/ Teri	5:30-6:30 p.m. Multi-level Yoga w/ Olivia	10-10:45 a.m. Sculpt & Balance w/ Jeannie Teri 9/23, 9/30	
5:45-6:30 p.m. Cycle 45 w/ J9	5:45-6:30 p.m. Cycle 45 w/ Cami J9 9/7	6:15-7:15 p.m. BODYCOMBAT w/ Allyson LES MILLS BODYCOMBAT	11-11:30 a.m. Yoga Basics w/ Jeannie Libby 9/23, 9/30	
6:15-7:15 p.m. BODYSTEP w/ Kendra LES MILLS BODYSTEP	5:15-6 p.m. BODYSTEP w/ Brandi LES MILLS BODYSTEP		5:15-6 p.m. BODYCOMBAT w/ Jaime 9/2, 9/16, 9/30 BODYSTEP w/ Brandi 9/9, 9/23	
	6-7 p.m. Overdrive Class w/ Haley @ Outdoor Pavilion		6-7 p.m. Overdrive Class w/ Maddi @ Outdoor Pavilion	
	6:15-7:15 p.m. BODYPUMP w/ Allyson Libby 9/7 LES MILLS BODYPUMP		6:15-7:15 p.m. BODYPUMP w/ Lindsay LES MILLS BODYPUMP	

For free, online monthly workouts designed and led our Life Center Group Fitness leaders, visit www.prismahealth.org/MoveWell. You won't need any special equipment, and it doesn't matter whether you're in great shape or totally out of shape—each movement has a "Make It Easier" and "Make It Harder" variation. Check it out today!

September 2021 Pool Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
No Class 9/6				
9:15-10 a.m. Arthritis Aquatics w/ J9	10:15-11 a.m. Arthritis Aquatics w/ Barbie Frances 9/14, 9/28	9:15-10 a.m. Arthritis Aquatics w/ Bonnie	10:15-11 a.m. Arthritis Aquatics w/ Frances Barbie 9/2	9-9:45 a.m. Water Fitness w/ Tina
10:15-11 a.m. Water Fitness w/ Aaron		10:15-11 a.m. Water Fitness w/ Bonnie	6-6:45 p.m. Water Fitness w/ J9	10:15-11 a.m. Aqua Zumba w/ Tina
		6-6:45 p.m. Aqua Zumba w/ Tina		

September 2021 Weekend Group Exercise Classes

9/4	9/11	9/18	9/25
8:15-9:15 a.m. BODYPUMP w/ Allyson LES MILLS BODYPUMP	8:15-9:15 a.m. BODYPUMP w/ Haley LES MILLS BODYPUMP	8:15-9:15 a.m. BODYPUMP w/ Lindsay LES MILLS BODYPUMP	8:15-9:15 a.m. BODYPUMP w/ Lindsay LES MILLS BODYPUMP
9:15-10 a.m. Aqua Zumba w/ Tina	8:30-9:15 a.m. Cycle 45 w/ Kendra	9:15-10 a.m. Aqua Zumba w/ Tina	8:30-9:15 a.m. Cycle 45 w/ Leora
9:30-10:15 a.m. BODYSTEP w/ Allyson LES MILLS BODYSTEP	9:15-10 a.m. Water Fitness w/ J9	9:30-10:15 a.m. BODYCOMBAT w/ Jaime LES MILLS BODYCOMBAT	9:15-10 a.m. Water Fitness w/ Tina

Please note:

All classes are free to members.

Children under the age of 14 must receive permission from the group fitness supervisor before attending any classes.

For class descriptions, visit the lobby kiosk or go to www.ghs.org/lifecenter and click the 'calendar' link.

Instructor substitutions may be made without prior notice.

Key

White Boxes = 2nd floor Group Fitness Studio

Cycle Classes = 1st floor Bike Studio

Water Fitness Classes = Pool

ARROW indicates a new class or class format change

**Because class space is limited sign up for all Group Fitness classes ahead of time, and limit sign ups to 2 classes per day.*