



# GX Class Schedule: MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>Class Location</b> Fleet Rec GX Studio Fleet Rec Cycle Studio Purdy GX room Purdy Raquet ball ct Ikego Asuka Tower Ikego Forrest	\$ = 1 GX Sticker GX Single = \$3 GX 10 Pck = \$25		All GX Classes are <b>FREE</b> for <u>Active</u> <u>Duty</u> <b>**Must Show ID**</b>		9:00 BodyCombat \$ 10:30 Zumba \$ 17:00 BodyCombat \$ 17:15 Sunset Yoga	7:45 Spin 8:45 BodyPump \$ 10:00 BodyCombat \$
3	4	5	6	7	8	9
	9:00 BodyPump \$ 10:15 Vinyasa Yoga \$ 11:30 Spin 11:30 Zumba \$ 18:15 Hatha Yoga	9:00 Zumba \$ 9:00 Zumba 9:30 HIIT \$ 10:30 Morning Yoga 10:30 Vinyasa Power Yoga \$ 11:45 Mat Pilates \$ 12:30 U-Jam \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	9:00 BodyPump \$ 9:40 HIIT \$ 10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$	9:00 Zumba \$ 9:00 BodyPump \$ 9:30 HIIT \$ 17:30 Sprint \$ 18:00 Core \$	9:00 BodyCombat \$ 10:30 Zumba \$ 17:00 BodyCombat \$	8:45 BodyPump \$ 10:00 BodyCombat \$
10	11	12	13	14	15	16
10:00 BodyCombat \$	9:00 BodyPump \$ 10:15 Vinyasa Yoga \$ 11:30 Spin 11:30 Zumba \$ 17:00 BodyPump \$ 18:15 Hatha Yoga	9:00 Zumba \$ 9:30 HIIT \$ 10:30 Morning Yoga 10:30 Vinyasa Power Yoga \$ 12:30 U-Jam \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	9:00 BodyPump \$ 9:40 HIIT \$ 10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$	9:00 Zumba \$ 9:00 BodyPump \$ 9:30 HIIT \$ 11:00 Meditation 15min 11:30 Vinyasa Yoga \$ 17:30 Sprint \$ 18:00 Core \$	9:00 BodyCombat \$ 10:30 Zumba \$ 17:00 BodyCombat \$ 17:15 Sunset Yoga	7:45 Spin 8:45 BodyPump \$ 10:00 BodyCombat \$
17	18	19	20	21	22	23
10:00 BodyCombat \$	9:00 BodyPump \$ 10:15 Vinyasa Yoga \$ 11:30 Spin 11:30 Zumba \$ 17:00 BodyPump \$	9:00 Zumba \$ 9:00 Zumba 9:30 HIIT \$ 10:30 Morning Yoga 10:30 Vinyasa Power Yoga \$ 11:45 Mat Pilates \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	9:00 BodyPump \$ 9:40 HIIT \$ 10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$	9:00 Zumba \$ 9:00 BodyPump \$ 9:30 HIIT \$ 11:00 Meditation 15min 11:30 Vinyasa Yoga \$ 17:30 Sprint \$ 18:00 Core \$	9:00 BodyCombat \$ 10:30 Zumba \$ 17:00 BodyCombat \$ 17:15 Sunset Yoga	7:45 Spin 8:45 BodyPump \$ 10:00 BodyCombat \$
24 / 31	25	26	27	28	29	30
	Federal Holiday: <b>Memorial Day</b>  <u>All Regularly Scheduled            Classes are CANCELLED</u>	9:00 Zumba \$ 9:00 Zumba 10:30 Morning Yoga 10:30 Vinyasa Power Yoga \$ 11:45 Mat Pilates \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	9:00 BodyPump \$ 9:40 HIIT \$ 10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$	9:00 Zumba \$ 9:00 BodyPump \$ 9:30 HIIT \$ 11:00 Meditation 15min 11:30 Vinyasa Yoga \$ 17:30 Sprint \$ 18:00 Core \$	9:00 BodyCombat \$ 10:30 Zumba \$ 17:00 BodyCombat \$ 17:15 Sunset Yoga	8:45 BodyPump \$ 10:00 BodyCombat \$



# GX Class Description



**HIIT (High-Intensity Interval Training)** a workout method that alternates between short bursts of intense, all-out exercise and brief periods of low-intensity recovery or rest. These workouts can include various activities for burning lots of calories in less time, and improving cardiovascular fitness.

**INDOOR CYCLING** is a low impact exercise designed to improve your cardiovascular health. Benefits include strength and endurance but will also challenge your core engagement. With emphasis on high-intensity training, indoor cycling will assist in burning the most calories in a short period of time and intended for all levels.

**LES MILLS BODYCOMBAT ®** A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

**LES MILLS BODYPUMP ®** A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

**LES MILLS SPRINT ®** A 30-minute High-Intensity Interval Training (HIIT) workout on an indoor bike, designed to deliver fast fitness results through, intense, low-impact, and short-duration, high-energy sessions.

**Mat Pilates** Focuses on joint health and deep stabilizing muscles to build a strong, balanced, and resilient body. By engaging the core and inner muscles, the class improves posture, flexibility, and overall body control.

**SPIN** Rev up your fitness in our high-energy Spin Class! Burn calories, boost endurance, and tone muscles in this fun, fast-paced workout. Whether you're a beginner or pro, the instructor will guide you through challenging intervals and energizing tunes.

**VINYASA YOGA** A flowing, breath-synchronized style of yoga that builds strength, flexibility, and balance. Great for all levels looking to energize the body and calm the mind.

**ZUMBA ®** A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

**CORE** Focused workout designed to strengthen all major core muscle groups, including abs, obliques, lower back, and stabilizing muscles. This class uses a variety of exercises with options for all fitness levels.

**\*\*Please note that this schedule is subject to change\*\***