



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DECEMBER Campo Group Exercise Schedule Classes are 1 hour unless otherwise specified.

**HOLIDAY HOURS:** Christmas Eve, 7:00am-1:00pm. Christmas Day, CLOSED.

New Year's Eve, 7:00am-5:00pm (No EVENING classes). New Year's Day, 7:00am-7:00pm (No EVENING classes).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	<b>LES MILLS BODYPUMP</b> Steve	<b>Boot Camp</b> Allison W.	<b>LES MILLS BODYPUMP EXPRESS</b> <b>LES MILLS CXWORX</b> Mary (30 min. each)	<b>LES MILLS BODYATTACK</b> Allison W.	<b>LES MILLS CXWORX</b> <b>LES MILLS BODYFLOW</b> Deanna (30 min. each)		<b>1pm</b> <b>LES MILLS BODYCOMBAT</b> Allison A.
7:00am							
7:30am						<b>LES MILLS CXWORX</b> Mary	<b>LES MILLS BODYPUMP</b> Linda
8am	<b>ZUMBA</b> Kimmy/Terika <b>Power Yoga</b> Amy, KFC	<b>Body Sculpt</b> Mimi <b>Yoga</b> Shaye, KFC	<b>LES MILLS BODYFLOW</b> Alicia	<b>Body Sculpt</b> Cary	<b>Yoga</b> Maria, KFC <b>LES MILLS BODYPUMP</b> Alicia (30 min.)	<b>LES MILLS BODYSTEP</b> Christy	<b>3pm</b> <b>LES MILLS BODYSTEP</b> Christy
8:30am			<b>LES MILLS CXWORX</b> Mimi, KFC		<b>LES MILLS CXWORX</b> Cyndi	<b>Power Yoga</b> LaMor, KFC	<b>LES MILLS BODYSTEP</b> Christy
9am	<b>LES MILLS BODYPUMP</b> Julie <b>Pilates</b> Suzanne, KFC <b>Boot Camp</b> Tina, Gym	<b>LES MILLS BODYATTACK</b> Allison/Tiffani <b>Pilates</b> Cary, KFC	<b>LES MILLS BODYCOMBAT</b> Tiffani <b>Boot Camp</b> Jill, Gym	<b>LES MILLS BODYSTEP</b> Julie <b>Pilates</b> Alicia, MP	<b>LES MILLS BODYCOMBAT</b> Jill	<b>LES MILLS BODYPUMP</b> Mary <b>LES MILLS CXWORX</b> LaMor, KFC 9:30-10am	<b>4pm</b> <b>LES MILLS CXWORX</b> Lamor (30 min.)
10am	<b>LES MILLS BODYSTEP</b> Julie <b>LES MILLS CXWORX</b> Alicia, KFC 10:15-10:45am	<b>LES MILLS BODYPUMP</b> Alicia <b>LES MILLS CXWORX</b> Cyndi, KFC 10:15-10:45am	<b>Body Sculpt</b> , Julie <b>Tai Chi</b> , Gerald, MP 10:30am	<b>LES MILLS BODYPUMP</b> Julie <b>Line Dancing</b> Joyce/Corinne, MP 10:05-11:00am	<b>Body Sculpt</b> , Nanci <b>Tai Chi</b> , Gerald, MP (1 hour, 15 min.)	<b>LES MILLS BODYCOMBAT</b> Linda	<b>4:35pm</b> <b>LES MILLS BODYFLOW</b> LaMor/Eve
11am	<b>LES MILLS BODYPUMP</b> Heather <b>LES MILLS BODYFLOW</b> Alicia, KFC	<b>ZUMBA</b> Corinne	<b>LES MILLS BODYFLOW</b> Alicia, KFC	<b>ZUMBA</b> Corinne	<b>ZUMBA GOLD</b> Corinne 11:05am-12:05pm	<b>ZUMBA</b> OJ (90 min.)	
4pm	<b>Body Sculpt &amp; LES MILLS CXWORX</b> Mimi (30 min. each)	<b>LES MILLS BODYCOMBAT</b> Jill/Tracy	<b>Boot Camp</b> Jill	<b>LES MILLS BODYCOMBAT</b> Fred	<b>LES MILLS BODYPUMP</b> Deanna		
5pm	<b>LES MILLS BODYATTACK</b> Kelli	<b>LES MILLS BODYPUMP</b> OFFER <b>LES MILLS CXWORX</b> Linda (30 min. each)	<b>Pilates</b> Linda	<b>LES MILLS BODYPUMP</b> Cindy	<b>ZUMBA</b> OJ		
6pm	<b>LES MILLS BODYPUMP</b> Kathy	<b>LES MILLS BODYSTEP</b> Christy <b>LES MILLS BODYFLOW</b> Deanna, KFC (50 min.)	<b>LES MILLS BODYPUMP</b> OFFER <b>LES MILLS CXWORX</b> Kathy (30 min. each)	<b>LES MILLS BODYATTACK</b> Tiff (30 min.) <b>LES MILLS CXWORX</b> Tiff 6:30-7pm	<b>LES MILLS BODYFLOW</b> LaMor		
7pm	<b>LES MILLS BODYCOMBAT</b> Allison <b>Pilates</b> Denise (KFC)	<b>LES MILLS BODYPUMP</b> Deanna	<b>ZUMBA</b> Eve	<b>LES MILLS BODYCOMBAT</b> Allison <b>Belly Dance</b> Karen, KFC			
8:05pm	<b>Yoga</b> LaMor		<b>LES MILLS BODYFLOW</b> Deanna/Eve	<b>Yoga</b> LaMor			

**GYM** - Basketball gym  
**KFC** - Kids' Fitness Center  
**MP** - Multi-purpose room

**Level 1 (L1):** No Group Ex experience. All levels welcome  
**Level 2 (L2):** Some Group Ex experience helpful

**Level 3 (L3):** For experienced Group Ex participants  
**Level 4 (L4):** Family Friendly classes\*, Ages 10-12 welcome with parent.



**WE'RE MOBILE!** Be sure to view your exercise schedule on our mobile app.



# Class Descriptions

**BodyAttack** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music will motivate you towards your fitness goals. **L1-3**

**BodyCombat** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. **L1-3**

**BodyFlow\*** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony. **L1-4**

**BodyPump** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results fast! **L1-3**

**BodyStep** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning **L1-3**

**Body Sculpt** is a weight resistance training class that can help you shape your upper & lower body using dumbbells, exer-tubes and resist a-balls. **L1-3**

**Boot camp** Need we say more? All over intense workout. **L1-3**

**Pilates** is a body conditioning method which strengthens and stretches the entire body. The focus will be on the core of the body (back and abdominal muscles) and lower body workout. **L1-4**

**STEP** is a freestyle cardio workout utilizing the step to tone and work the legs. Get your arms pumping to the great music, and you have a total body workout! **L1-3**

**Tai Chi\*** offers balance of mind and body, strength and flexibility, grace and agility through slow and controlled moves. **L1-4**

**Yoga\*** classes emphasize breathing, flexibility, strength and core conditioning along with relaxation and stress release. Meditation and quiet time may be available approximately 15 minutes prior to class. Please respect this time as you enter the room to set up for class. Thank you! **L1-4**

**Power Yoga\*** – Come experience your favorite yoga postures linked together using breath and motion to challenge your mind and body. A great way to take your Yoga practice to the next level. **L2-4**

**ZUMBA\*** is the newest Latin-based dance workout. Easy to follow choreography that accommodates all fitness levels. A real cardio and spirit booster! **L1-4**

**ZUMBA\* Gold**– Total body workout designed for the Young at Heart set- and those who want to take it a little slower! Fun and easy dance workout **L1**

**Bellydance** – A low impact cardio workout that tones and conditions the body. A variety of basic steps are combined into a fun dance fitness class. **L1-4**

**CXWORX**– This 30-min program is the ultimate way to get a tight and toned core, honing in on your abs, glutes, back, obliques & “slings”, connecting upper & lower body. This workout will leave you looking good and feeling strong! **L2-3**

**Family Friendly Class:** Youth ages 10-12 may attend with an adult present. Orientation classes are provided prior to attending. Members from ages 13-18 may attend all classes upon completion of the Youth Orientation class. See the Welcome Center to enroll.