



## METRO GROUP EXERCISE CLASS SCHEDULE JANAURY 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>XS Boot Camp (Extreme Strength)</b> Beverly R.		<b>Yoga</b> Beverly R.		<b>XS Boot Camp (Extreme Strength)</b> Beverly R.		
9:00 AM	<b>LES MILLS BODYCOMBAT</b> Jenn K.	<b>S.T.A.M.I.N'A.</b> Lawrence C.	<b>Salsa</b> Michelle H.	<b>S.T.A.M.I.N'A.</b> Lawrence C.	<b>LES MILLS BODYJAM</b> Adrian D.	<b>(9:30AM)</b> <b>ZUMBA</b> Katie S.	<b>(9:15AM)</b> <b>LES MILLS BODYATTACK</b> Sean R.
12:00 PM	<b>LES MILLS BODYPUMP</b> Travis B.	<b>LES MILLS GRIT</b> Ruth S.	<b>Yoga</b> Mary Jo Q.		<b>LES MILLS BODYPUMP</b> Travis B.		
5:30 PM	<b>LES MILLS BODYPUMP</b> Ann M.	<b>LES MILLS BODYCOMBAT</b> Adrian D.	<b>LES MILLS BODYPUMP</b> Nick G.	<b>LES MILLS BODYCOMBAT</b> Adrian D.	<b>LES MILLS BODYPUMP</b> Nick G.		

### CLASS DESCRIPTION

**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 motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor! Like all the LES Mills programs, a new BodyAttack class is released every three months with new music and choreography.

**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.

**BodyJam™:** Lose yourself in this dance-inspired cardio workout to the latest dance styles and the hottest new sounds.

**BodyPump™:** 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 you came for – and fast!

**GRIT™:** Les Mills Grit high intensity interval training workouts will increase your aerobic capacity and accelerate fat burning while building strength, muscular endurance and power. Workouts switch between short bursts of intensity and recovery periods-the best way to increase fitness, tone muscle, lose fat and become more athletic.

**Salsa:** A low impact aerobic workout centered around Latin dance movements.

**S.T.A.M.I.N'A.:** This class combines Strength Training and Martial Art Intervals N' incorporates Abs for a one stop total body workout. Small hand weights will be utilized during segments of class. Be prepared for a sweaty good time and workout while you build your S.T.A.M.I.N'A.

**XS Boot Camp (Extreme Strength):** This is a high intensity interval strength and cardio boot camp workout. You can expect to burn lots of calories while increasing your strength and cardio output.

**Yoga:** Breath-synchronized yoga set in a flowing circular sequence at a medium pace. Cultivates core and leg strength with upper-body freedom.

**Zumba:** Latin inspired moves and dance themes come together to create a dynamic, fun class.

