



FREDERICKSBURG

2380 Plank Road
 Fredericksburg, VA 22401
 540-368-0032

CLUB HOURS

Monday-Thursday: 4:00 am - 10:00 pm
 (Friday Close @ 9:00 pm)
 Saturday - Sunday: 6:00 am - 6:00 pm

KIDS CLUB HOURS

Monday-Friday: 8:00 am - 12:00 pm; 4:00 - 8:00 pm
 Saturday - Sunday: 8:00 am - 2:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am SPRINT (30 min) Michelle CYCLE STUDIO	5:30am Cycle (60 min) Teresa CYCLE STUDIO	5:00am RPM (45 min) Michelle CYCLE STUDIO	5:30am BodyPump/BodyCombat Holti MAIN GGX STUDIO	5:00am BodyCombat Holti MAIN GGX STUDIO	8:00am Core (30 min) Corinna MAIN GGX STUDIO	8:00am BodyPump MAIN GGX STUDIO
8:15am Core (30 min) Elizabeth MAIN GGX STUDIO	8:00am RPM (45 min) Keli CYCLE STUDIO	8:30am SPRINT (30 min) Ty CYCLE STUDIO	8:00am Core (45 min) Elizabeth MAIN GGX STUDIO	8:00am Cycle (60 min) Mel F CYCLE STUDIO	8:15am BodyBalance Elizabeth MIND/BODY STUDIO	9:00am BodyCombat Jeff MAIN GGX STUDIO
9:00am Cycle (60 min) Corinna CYCLE STUDIO	9:00am BodyPump MAIN GGX STUDIO	9:15am Aqua FIT Stephen POOL	9:00am SPRINT (30 min) Keli CYCLE STUDIO	9:15am BodyPump Ty MAIN GGX STUDIO	8:30am Cycle (45 min) Corinna CYCLE STUDIO	10:15am Core (30 min) Keli MAIN GGX STUDIO
9:00am BodyPump Ashley M MAIN GGX STUDIO	9:15am BodyBalance Elizabeth MIND/BODY STUDIO	9:15am BodyPump MAIN GGX STUDIO	9:00am BodyBalance Corinna MIND/BODY STUDIO	9:15am Pilates Mat Teresa MIND/BODY STUDIO	9:30am BodyPump Corinna MAIN GGX STUDIO	10:50am SPRINT (30 min) Keli CYCLE STUDIO
9:15am Aqua FIT Stephen POOL	10:30am BodyCombat Christina MAIN GGX STUDIO	10:30am Gentle Yoga Teresa MIND/BODY STUDIO	10:30am Zumba Pam MAIN GGX STUDIO	10:30am Tone (45 min) Shyra MAIN GGX STUDIO	9:30am Basic Yoga Sam MIND/BODY STUDIO	10:15am Basic Yoga Sam MIND/BODY STUDIO
10:15am BodyBalance Corinna MIND/BODY STUDIO	4:45pm Core (30 min) Shyra MAIN GGX STUDIO	4:30pm Vinyasa Yoga (45 min) Anastasilia MIND/BODY STUDIO	4:15pm Gentle Yoga Teresa MIND/BODY STUDIO	10:30am BodyBalance Bria MIND/BODY STUDIO	10:45am Power Yin Yoga Sam MIND/BODY STUDIO	12:45pm Zumba/ Zumba Toning LaKeisha MAIN GGX STUDIO
4:00pm BodyPump MAIN GGX STUDIO	5:30pm BodyCombat Ashley M MAIN GGX STUDIO	5:15pm BodyPump Corinna MAIN GGX STUDIO	5:15pm BodyPump MAIN GGX STUDIO	5:15pm BodyPump MAIN GGX STUDIO	10:45pm BodyPump MAIN GGX STUDIO	
5:15pm BodyJam Drew MAIN GGX STUDIO	5:30pm BodyBalance Chris MIND/BODY STUDIO	5:20pm BodyBalance Chris MIND/BODY STUDIO	5:30pm RPM / SPRINT Bill CYCLE STUDIO	6:30pm BodyPump Chris MAIN GGX STUDIO		
5:15pm RPM / SPRINT Bill CYCLE STUDIO	6:35pm SPRINT (30 min) Ty CYCLE STUDIO	6:30pm Zumba Cheryl MAIN GGX STUDIO	6:30pm BodyCombat Kate MAIN GGX STUDIO			
6:30pm BodyPump Ty MAIN GGX STUDIO	6:45pm Sh'Bam (45 min) Drew MAIN GGX STUDIO		6:35pm Stretch & Restore Anastasilia MIND/BODY STUDIO			



Group Fitness Class Descriptions

AQUA FIT

Combines intervals of strength and cardio, circuit training principles and aquatic equipment designed to improve muscular strength and endurance as well as cardiovascular health as you progress through a series of timed exercises. This water-based fitness class provides an atmosphere of safe resistance to improve range of motion, flexibility, and balance that improve the ease of everyday activities.

CYCLE

A class focusing on endurance, strength, interval, and high intensity training using a stationary bike. Increase your fitness level with this low-impact, exhilarating cardiovascular workout which may include various cycling drills such as jumps, sprints, and climbs. New to cycling? No worries. Stay seated and still enjoy the benefits of indoor cycling.

BASIC YOGA

This class is designed as an introduction to the practice of yoga. Class is slower paced than a Vinyasa class, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. All bodies are welcome

GENTLE YOGA

A restful, calming class that will guide you through passive and supporting poses using breathwork and gentle flowing movements. Moving at a slower pace and holding stretches longer will allow you to release tension and relieve stress. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility.

LES MILLS BODYATTACK

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, and leaving you with a sense of achievement.

LES MILLS BODYBALANCE

FORMERLY KNOWN AS LES MILLS BODYFLOW. A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

LES MILLS BODYCOMBAT

Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

LES MILLS CORE

Strengthen and tone your core, taking your abs to the next level. It is the ultimate way to get a tight and toned core based on cutting-edge scientific research. With dynamic training that hones in on your abs, glutes, back, obliques, and “slings” connecting the upper and lower body, you will leave class looking good and feeling strong.

LES MILLS BODYJAM

Choreographed by Gandalf Archer-Mills in Auckland, New Zealand, BODYJAM™ is the ultimate combination of music and dance. Tracks that you love right now? They're in BODYJAM. That new style you've heard about? It was in BODYJAM last year.

LES MILLS BODYPUMP

The ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-based moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

LES MILLS RPM

Indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

LES MILLS SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

LES MILLS SPRINT

30-minute workout of high intensity, designed using an indoor bike to achieve fast results. Built on the science of high-intensity interval training (HIIT).

LES MILLS BODYSTEP

A full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

LES MILLS TONE

A 3 in 1 training style - a mix of cardio, resistance and core while playing with different training concepts to ensure everyone gets the best results from their workouts. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.

POWER YIN YOGA

A slow paced/yin inspired class. Incorporating strengthening poses with long holds. Realigns the body by targeting connective tissues & focuses on relaxing into your breath

STRETCH & RESTORE

A 55 min class accessible to participants of all fitness levels who are looking for slower paced class designed to help release and heal deep layers of tension stored in your muscles. This class can help improve your body's flexibility, joint mobility, and blood circulation, leading to better performance and quality of life..

VINYASA YOGA

Style of yoga that focuses on a continuous series of postures connected by flow and breath. Create internal heat that helps build strength, stamina, and flexibility. Experience is not required as variations will be provided for all levels.

ZUMBA

A full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

ZUMBA TONING

Body-sculpting exercises and high-energy cardio work infused with ZUMBA moves to create a calorie-torching, strength-training fitness party. Students learn how to use light weights to enhance rhythm and **tone** all their target zones, including arms, abs, and thighs.