

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	HIIT (A)	Cycle* (C)	LES MILLS BODYFLOW (A)	Tabata (A)	Cycle* (C)		
6:15	Cycle* (C)				LES MILLS BODYPUMP (A)		
8:15	LES MILLS BODYPUMP (A)	LES MILLS BODYCOMBAT (A)	LES MILLS BODYSTEP (A) Cycle* (C)	LES MILLS BODYPUMP (A) Cycle* (C)	Cardio Dance (A)	LES MILLS BODYPUMP (A) Cycle* (C)	HIIT (A) AquaFit (P)
8:30	Balance + Core (B)	Pilates + Yoga (B) Aqua Bootcamp (P)		Barre (B)	Pilates (B)	Balance + Core (B)	Pilates (B)
9:15	LES MILLS BODYSTEP (A) Cycle* (C) AquaFit (P)	LES MILLS BODYPUMP 30 (A)	Tabata (A) AquaDance (P)	LES MILLS BODYCOMBAT AquaFit (P)	LES MILLS BODYPUMP (A) Cycle* (C) AquaFit (P)	LES MILLS BODYSTEP (A)	LES MILLS BODYPUMP 30 (A) Cycle* (C)
9:30	Pilates + Yoga (B)	Barre (B)	Yoga w/Weights (B)	Yoga Basics (B)	Power Vinyasa Yoga (75 min) (B)	Vinyasa Yoga (75 min) (B)	Power Vinyasa Yoga (90 min) (B)
9:45		LES MILLS CXWORX (A)					LES MILLS CXWORX (A)
10:15	LES MILLS BODYFLOW (A)	Cardio Dance (A)	Forever Active (A)	LES MILLS BODYFLOW (A)	Forever Active (A)		
10:30	Yoga Basics (B)	Stretch + Tone (B)	Balance + Core (B)				
12:00	Forever Active (A)	Cycle* (C)		LES MILLS BODYPUMP (A)			
5:00							Vinyasa Yoga (B)
5:15	Cycle* (C)						
5:30	Pilates (B)			Pilates (B)	<p>WINTER 2018 - 2019 GROUP FITNESS SCHEDULE EFFECTIVE NOVEMBER 12, 2018</p> <p>* ONLINE REGISTRATION REQUIRED (Can be done on The Thoreau Club app or online at www.thoreau.com)</p> <p>CLASS LOCATIONS A - STUDIO 1 B - STUDIO 3 C - CYCLE STUDIO P - POOL</p>		
6:15	LES MILLS BODYPUMP (A)	LES MILLS BODYSTEP 30(A)	LES MILLS BODYPUMP (A)	HIIT (A)			
6:30		Vinyasa Yoga (75 min) (B)	Barre (B)	Vinyasa Yoga (75 min) (B)			
6:45		LES MILLS CXWORX (A)					
7:15		LES MILLS BODYFLOW (A)	Cardio Dance (A)	Cycle* (C)			

All classes are subject to change. Please visit www.thoreau.com for most accurate schedule.
 We reserve the right to cancel outdoor classes due to weather.

Class Descriptions

Aqua Bootcamp

Pool (55 min)

A higher intensity total body workout that will get you running & kicking in the water.

AquaDance

Pool (55 min)

A total body workout that will get you stomping, shaking, & sliding in the water.

AquaFit

Pool (55 min)

A total body workout that will get you running & kicking in the water.

Balance + Core

Studio 3 (55 min)

By using a variety of props, we will challenge and improve balance, posture and strength.

Barre

Studio 3 (55 min)

Isometric movements with music that tones glutes, abs, arms & thighs - no joint impact.

BodyCombat

Studio 1 (55 min)

A non-contact, martial arts-based fitness class, choreographed to the latest music, providing an exhilarating experience and ultra-fast results.

BodyFlow

Studio 1 (55 min.)

An exercise-to-music yoga, tai chi and Pilates workout. You'll feel long, strong, centered and calm.

BodyPump

Studio 1 (55 min/30 min)

A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

BodyStep

Studio 1 (55 min/30 min)

A step class that is simple, basic yet athletic. Challenging high intensity intervals will shape and tone your body.

Cardio Dance

Studio 1 (55 min)

Stomp, shake, slide & smile your way through a fusion of club, urban and Latin dance styles set to chart topping and retro classic tunes.

CXWorx

Studio 1 (30 min)

Exercising muscles around the core, work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. Exercising muscles around the core provides the vital ingredient for a stronger body.

Cycle

Cycle Studio (55 min)

Challenging and rewarding workout on indoor bikes with inspiring music. Online sign ups required 72-2 hours in advance.

Forever Active

Studio 1 (55 min)

A low impact workout on the step & with weights to strengthen and balance.

HIIT

Studio 1 (55 min)

High intensity interval training, featuring exercises that features burst of High intensity intervals, followed by low intensity intervals with rest times in between. The class will focus on plyometrics and compound exercises.

Pilates

Studio 3 (55 min)

Strength and flexibility training focusing on the core and mind body awareness.

Pilates & Yoga

Studio 3 (55 min)

A mix of core strengthening exercises and yoga poses that draw on your inner strength to create outer beauty.

Power Vinyasa Yoga

Studio 3 (75 min/90 min)

High energy flow class moves at a brisk pace and incorporates all areas of practice: standing poses and balances, backbends, hip openers, arm balances, core toning and floor work. Moves at a faster pace than the other yoga classes. Some prior knowledge of yoga is helpful.

Stretch & Tone

Studio 3 (55 min)

Moderate weighted exercises followed by deep lengthening exercises and muscle stretching.

Tabata

Studio 1 (55 min)

High Intensity interval training that improves endurance and stimulates fat loss.

Vinyasa Yoga

Studio 3 (55 min/75 min)

High energy flow class moves at a brisk pace and incorporates all areas of practice: standing poses and balances, backbends, hip openers, arm balances, core toning and floor work. The class is cued to All Levels (modifications and options for advancement are offered).

Yoga Basics

Studio 3 (55 min)

Begin your yoga journey with this yoga basics class. Learn correct alignment for safe movements in yoga postures. Encouraged for all levels as modifications are provided.

Yoga with Weights

Studio 3 (55 min)

Slow paced class focused on strength, balance and alignment by adding light weight dumbbells to our yoga practice.