

GROUP FITNESS SCHEDULE - December 2011
Colorado Springs (classes included in your membership)

Breakfast With Santa
Saturday, December 17
Register by December 14

Cardio/Strength **Mind/Body** **Spin** **Aqua Fitness** **Family Fitness**

A=Studio A C=Studio C CR=Club Room E=Studio E NC=North Court VKC=VillaKids Court
 ILP=Indoor Lap Pool ORP=Outdoor Rec Pool SP=VillaSplash TP=Therapy Pool () Class moves to designated indoor pool in inclement weather

PLEASE NOTE: NO ENTRANCE TO ANY CLASS AFTER CLASS BEGINS

MONDAY		
5:30a	BodyStep†	A Janice
7:30a	BodyPump	A Marie
8:45a	BodyPump	A Melinda
9:00a	BodyPump	CR Robyn
9:45a	BodyStep	A Melinda
10:00a	Zumba Toning	CR Julie
10:45a	BodyCombat	A Kristin
11:00a	Zumba	CR Andrea
12:00p	BodyVive	A Lori
4:30p	BodyCombat	A Liz/Dustin
5:00p	BodyPump	CR Kim K.
5:30p	BodyPump	A Liz
6:30p	BodyStep	A Kendra
7:00p	Zumba	CR Lea
7:30p	BodyAttack	A Beth
8:45a	BodyFlow	E Janice
9:45a	Yin Yoga	E April
10:45a	Power Yoga	E Laura
1:00p	Vinyasa Flow	E Sissy
4:30p	Complete Flexibility*	E Blair
5:30p	Yin Yoga	E Sara
6:30p	Flow Yoga	E Sara
5:15a	RPM*†	C Brandi
8:45a	RPM*	C Trina
9:45a	Group Spin	C Stacey
12:15p	RPM*	C Dana
4:45p	Group Spin	C Michelle
5:45p	Group Spin	C Brian
6:45p	Group Spin	C Blair
7:30a	Deep Water Aqua*	ILP Janice
9:00a	Aqua Interval	TP Kate
6:00p	Aqua Athletics	TP Kim B.
7:00p	Deep Water Aqua*	ILP Kim B.
5:00p	Zumbatomic♦ (ages 4-7)	VKC Stephanie
5:30p	Zumbatomic♦ (ages 7-12)	VKC Stephanie

TUESDAY		
5:30a	BodyPump†	A Dana
5:30a	Zumba†	CR Risa
8:45a	BodyAttack	A Lea
9:30a	BodyPump	CR Missy
9:45a	BodyPump	A Kristin
10:45a	BodyStep	A Robyn
12:00p	BodyPump	A Liz
1:00p	BodyCombat	A Liz
4:30p	BodyStep	A Melinda
4:30p	BodyPump	CR Kendra
5:30p	BOSU Conditioning	A Mandy/Trina
6:30p	BodyPump	A Mark
7:30p	Zumba	A Rachel
8:30p	Zumba	A Rachel
8:45a	Power Yoga	E Melissa
9:45a	Mat Pilates	E Kate
10:45a	Yoga Sculpt	E Kristan
12:00p	BOSU Pilates	E Trina
5:30p	Power Yoga	E Carly
5:30p	BodyFlow	E Tyler/Eve
6:30p	Yin Yoga	E Laura
7:30p	Power Yoga	E Laura
5:15a	Group Spin†	C Jen
8:45a	Group Spin	C Stacey
9:45a	RPM*	C Trina
4:45p	Group Spin	C Michelle
5:45p	RPM 60	C Brandi
5:15a	Aqua Athletics†	ILP Kim B.
9:00a	Aqua Athletics	ILP Kim K.
6:00p	Aqua Athletics	TP Janice
11:00a	Baby Yoga*	CR Carly
5:30p	Zumbatomic♦ (ages 4-7)	VKC Julie
6:00p	Zumbatomic♦ (ages 7-12)	VKC Julie

WEDNESDAY		
5:30a	Athletic Conditioning†	A Brandi
7:30a	BodyPump	A Mark
8:45a	Athletic Conditioning	A Jen
9:00a	Balanced Fitness	CR Kim K.
9:45a	BodyCombat	A Liz
10:00a	Zumba	CR Risa
10:45a	BodyStep	A Janice
11:00a	Abs! Abs! & More Abs!♦	CR Liz
12:00p	Low Impact Workout*	CR Mandy
12:00p	BodyPump	A Trina
4:30p	BodyAttack	A Janelle
5:30p	BodyPump	A Janelle
6:30p	BodyCombat	A Melinda
8:30p	Zumba	A Rachel
8:45a	Flow Yoga	E Lori
9:45a	BodyFlow	E Lori
12:00p	Gentle Yoga	E Sara
4:30p	Flow Yoga	E Tracey
5:30p	Yin Yoga	E Eve
6:30p	Power Yoga	E Eve
5:15a	Group Spin†	C Marie
8:45a	RPM*	C Liz
9:45a	Group Spin	C Mark
12:15p	RPM*	C Laura
5:45p	RPM*	C Kim B.
6:45p	Group Spin	C Kim B.
7:30a	Aqua Interval	TP Marie
9:00a	Silver Aqua	TP Kim B.
12:00p	Deep Water Aqua*	ILP Sissy
6:00p	Aqua Zumba	ILP Rachel
7:00p	Aqua Flex	TP Rachel
11:00a	Exercise for Tots♦	E April

THURSDAY		
5:30a	BodyPump†	A Marie
8:45a	BodyStep	A Robyn
9:30a	BodyPump	CR Kristin
9:45a	BodyPump	A Dana
10:30a	Zumba	CR Julie
10:45a	BodyCombat	A Kristin
12:00p	BodyPump	A Kim K.
1:00p	Zumba	A Andrea
4:30p	Athletic Conditioning	A Mandy
5:30p	Zumba	A Lea
6:30p	BodyPump	A Dustin
7:30p	Zumba	A Rachel
8:45a	Power Yoga	E Kristan
9:45a	Mat Pilates with Props	E Trina
10:45a	Yin Yoga	E April
12:00p	Flow Yoga	E Dana
4:30p	Gentle Yoga	E Sissy
5:30p	Yoga Sculpt	E Sissy
6:30p	Yin Yoga	E Lori
5:15a	Group Spin†	C Brian
8:45a	RPM*	C Dana
9:45a	Group Spin	C Kim B.
4:45p	RPM*	C Kim K.
5:45p	Group Spin	C Iantha
9:00a	Aqua Athletics	ILP Laura
6:00p	Aqua Athletics	TP Janice

FRIDAY		
5:30a	BodyCombat†	A Liz
7:30a	BodyPump	A Kristin
8:45a	BodyCombat	A Melinda
9:00a	BodyAttack	CR Janelle
9:45a	BOSU Conditioning	A Trina
10:00a	Zumba	CR Risa
10:45a	BodyPump	A Trina
12:00p	Low Impact Workout*	A Robyn
4:30p	BodyStep	A Janice
5:30p	Hip Hop	A Rachel
6:30p	Zumba	A Rachel
5:30a	BodyFlow†	E Marie
8:45a	Yoga Sculpt	E Melissa
9:45a	BodyFlow	E Kendra
12:00p	Advanced Yoga	E Laura
5:30p	BodyFlow	E Janice
6:30p	Yin Yoga	E Sissy
5:15a	RPM*†	C Kristin
8:45a	Group Spin	C Kim B.
9:45a	RPM*	C Andrea
12:15p	Quick Ride*	C Trina
5:45p	Group Spin	C Blair
9:00a	Aqua Zumba	TP Rachel
12:00p	Silver Aqua	TP Kate
11:00a	Exercise for Tykes♦	CR Laura
4:45p	Family Spin*	C Rachel

SATURDAY		
7:15a	BodyPump†	A Janelle
8:15a	BodyStep	A Melinda
9:00a	Balanced Fit. (no class 11/5)	CR Janice/Laura
9:15a	BodyPump	A Melinda/Robyn
10:00a	BodyPump (no class 11/5)	CR Missy
10:15a	BodyCombat	A Liz
11:15a	Abs! Abs! & More Abs!♦	A Liz
12:00p	Zumba	A Andrea
4:30p	BodyPump	A Lea
9:15a	Power Yoga	E Lori
10:30a	BodyFlow	E Lori
4:30p	Flow Yoga	E Sara
8:15a	Group Spin	C Stacey
9:15a	RPM*	C Kristin
10:15a	Group Spin	C Blair
1:00p	Begin to Spin*	C Blair
8:00a	Aqua Interval	ILP Kim K.
12:00p	Aqua Zumba	ILP Stephanie
11:00a	Family Fit.* (no class 11/5)	CR Missy
11:30a	Exercise for Tots♦	E April

SUNDAY		
8:30a	Athletic Conditioning†	A Jen
9:30a	Abs! Abs! & More Abs!♦	A Jen
9:30a	BodyPump	CR Kim B.
10:15a	BodyStep	A Tyler/Eve
11:30a	BodyPump	A Andrea
1:00p	BodyCombat	A Tyler
1:00p	Zumba	CR Julie

10:30a	Yin Yoga	E Lori
12:00p	Mat Pilates with Props	E Kate
1:15p	BodyFlow	E Brandi
3:15p	Power Yoga	E Eve

9:15a	RPM*†	C Liz
10:15a	Group Spin	C Blair
3:30p	Aqua Athletics	ILP Kate

VILLASPORT GROUP FITNESS CLASSES

Abs! Abs! & More Abs! (30 mins.)
Effectively train your abdominals with a blast of core conditioning exercises to enhance abdominal definition and stability.

Advanced Yoga
Taking poses to a deeper level through twisting, inversions, and balance challenges. These poses will enable growth in strength, flexibility, range of motion and balance.

Aqua Athletics
Experience the vigor of the water, using it as its own resistance. A challenging wet workout!

Aqua Flex
A class focused on flexibility in the water, inspired by tai chi and yoga movements, flowing water exercises and stretching to improve flexibility and range of motion.
Colorado Springs only

Aqua Interval
Alternating actions of cardio and strength will utilize all muscle groups and challenge you at each interval. A combination of swimming, vertical movements, aqua jogging, and strength exercises will keep you coming back for more!

Aqua Zumba®
Splashing, stretching, twisting, even shouting, laughing, hooting and hollering. Aqua Zumba® blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout that's cardio-conditioning and body-toning.
Colorado Springs only

Athletic Conditioning
Intervals, circuits, obstacle courses and endurance games to train the entire body. Fun work, hard play!

Baby Yoga (45 mins.)
Unique poses designed to enhance your baby's development. Each class is filled with nurturing and calming ways to bond baby and parent. Ages 6 weeks to nearly crawling. **Colorado Springs only**

Balanced Fitness
A "balanced" workout for all fitness levels. Cross-training to enhance energy, gain strength, improve flexibility and burn calories.
Colorado Springs only

Begin to Spin (45 mins.)
Beginners will learn proper bike setup and terminology and enjoy a great cardio workout.

BodyAttack™ (a Les Mills™ class)
A sports-inspired cardio workout for strength and stamina. High-energy interval training that combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music for the weekend athlete to the hard-core competitor! **Colorado Springs only**

BodyCombat™ (a Les Mills™ class)
A non-contact, martial arts-based class with moves from karate, Taekwondo, kung fu, kickboxing, Muay Thai and tai chi. A fiercely energetic cardiovascular workout.

BodyFlow™ (a Les Mills™ class)
The yoga, tai chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time out" from the stress and strains of daily life. A group exercise-to-music class that enhances your physical and mental well-being.

BodyPump™ (a Les Mills™ class)
The ultimate resistance training class that combines movement with a specially-designed barbell system.

BodyStep™ (a Les Mills™ class)
An energizing step workout using a height-adjustable step and simple movements on, over and around the step. Cardio blocks will push your fat-burning systems into high gear, followed by muscle conditioning that shapes and tones your body. **Colorado Springs only**

BodyVive™ (a Les Mills™ class)
A low-impact class integrating aerobic exercise for heart fitness, resistance training for strength and stability, and stretching and mobility work.

BOSU Conditioning
BOSU stands for "Both Sides Up." Use this fabulous toy to get your heart pumping, while strengthening your body into great shape!
Colorado Springs only

BOSU Pilates
Having the option to place the BOSU with either side facing up offers wonderful opportunities and great variety in Pilates exercises. **The Woodlands only**

Cardio Kickboxing
This is a high-impact cardiovascular workout that blends elements of boxing, martial arts, and traditional aerobics into an exercise routine. **The Woodlands only**

Cardio Step (45 mins.)
Perform movements on and off a step platform, with or without risers. This class consists of choreography patterns with intensity levels determined by speed and travel. **The Woodlands only**

Complete Flexibility (30 mins.)
Boost performance, increase flexibility, improve range of motion and manage stress. This class incorporates foam rolling with static and dynamic stretching to help you make the most of your fitness program. For all levels.

Deep Water Aqua (45 mins.)
The ultimate "no-impact" workout using select flotation devices for suspension in deep water. A challenging aerobic workout using powerful moves and a full range of motion to improve strength, cardiovascular fitness and flexibility. *Must be comfortable in deep water.* **Colorado Springs only**

Exercise for Tots (30 mins.)
Crawlers and walkers have a lot of energy, so let's teach them to use it!! We will engage in activities while standing, walking, sitting and jumping. A playful and active class for you and your child. Ages crawling to 24 months.

Exercise for Tykes (30 mins.)
Toddler-friendly activities with songs, stories and games designed to improve motor skills and increase attention span. Encourage your child to build a healthy lifestyle. Ages 2 to 4 years.

Family Fitness (45 mins.)
Fun for the whole family. Circuits, games, sports drills, and much more. Work together as a fitness team, enjoy time together and socialize with other members. Ages 5 and up.
Colorado Springs only

Family Yoga (45 mins.)
Yoga for your family! An empowering session to bond with your family. A light and inviting atmosphere to stretch and strengthen mind and body together. All families welcome. Ages 5 and up. **The Woodlands only**

Family Spin
Geared to all levels, including YOUR KIDS! Learn safety, setup, and proper spin etiquette. Bring the family for a great workout. (Children must be able to comfortably reach the pedals.)
Colorado Springs only

Flow Yoga
This class links Hatha poses together to create a strong and flowing practice. Designed to strengthen and stabilize the body.

Gentle Yoga
A great workout without putting unnecessary strain on your body, modifying standard yoga poses and maintaining a relaxed pace. Achieve focus and balance, and center yourself in this wonderful class.

Group Run
Runners of all levels are welcome to join fellow VillaSport members for a group run. Each week, the course will be pre-planned and staff-led through The Woodlands. Meet in the lobby regardless of weather conditions. **The Woodlands only**

Group Spin
A cardio workout performed on a stationary bike based on sound cycling principles. Classes are technique-based and/or real terrain-based and focus on cadence, heart-rate zones, sport-specific drills, climbs and sprints for an unpredictable, fun and challenging ride.

Hip Hop
You won't stop! Work out with an attitude. Get your heart pumping while your feet move to the grooves of the funky beat. Lots of great energy and fun.

Low Impact Workout (45 mins.)
Combines cardio, strength, balance and coordination. Designed for the beginner athlete in YOU! Ease through fun yet challenging moves to increase your fitness level. Become stronger and more balanced, yet move at a pace YOU help to set.

Mat Pilates
An innovative system of mind/body exercise evolved from the principles of Joseph Pilates, which teach body awareness and good posture, and increase core strength, flexibility and agility.

Mat Pilates Express
A 45-minute Mat Pilates class. **The Woodlands only**

Mat Pilates with Props
This class focuses on the mat work of Joseph Pilates with exercise props to facilitate execution of each exercise while using different props. **Colorado Springs only**

PiYo™
A class designed for mainstream fitness. This unique format combines Pilates, yoga, strength conditioning, flexibility, and dynamic balance. PiYo is an up-tempo approach to mind/body exercise, and offers beginning modifications and advanced options to suit your needs. **The Woodlands only**

Power Yoga
Synchronous breathing with strong, flowing movement for a high-energy, vigorous cardiovascular workout.

Quick Ride
Sweat and go . . . a 45-minute ride.

Restorative Yoga
A relaxing and gentle form of yoga designed to reduce/relieve stress, create flexibility, and calm the mind and body. **The Woodlands only**

RPM™ (a Les Mills™ class) (45 mins.)
RPM is the indoor cycling workout to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training. Discover the athlete within – sweat and burn to reach your endorphin high. **Colorado Springs only**

RPM™ 60 (a Les Mills™ class)
RPM with two additional music tracks to take this popular class to a full 60 minutes.
Colorado Springs only

Silver Aqua
Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics. **Colorado Springs only**

Tai Chi
Originating in China as a martial art, tai chi is sometimes referred to as "moving meditation." It promotes fitness, coordination, confidence and relaxation. **The Woodlands only**

Vinyasa Flow
Designed for all skill levels. Poses are cued in modified, full, and extended versions to enable all skill levels to participate. These poses flow at an athletic pace, moving the breath with the move. Gain strength, flexibility, balance and range of motion.

Yin Yoga
This practice is designed to work deep within the connective tissue to increase joint mobility and release stress while holding poses for longer periods. Encourages mind focus, patience and release. **Colorado Springs only**

Yoga Sculpt
A combination of Flow Yoga, music, and energy, amplified with the use of weights. Sweat and sculpt your way to a new level of flexibility and strength.

Zumba®
Move and shake your hips while burning calories and having a blast! Zumba® is different, fun, and composed of energetic rhythms that help your body move to the beat! More a party than a workout.

Zumbatomic® (part of VillaKids rotations) (ages 4-7, 30 mins.) (ages 7-12, 30 mins.)
Designed exclusively for kids (ages 4-12). Zumbatomic® classes are high-energy and packed with specially-choreographed, kid-friendly routines and all the music kids love.

Zumba® Toning
This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance-fitness party.