

GROUP FITNESS SCHEDULE - December 2011
The Woodlands (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 B=Studio B C=Studio C CR=Club Room NC=North Court SC=South Court VKC=VK Court VKA=VK Studio A
ILP=Indoor Lap Pool IRP=Indoor Rec Pool OFL=Outdoor Family Lap Pool OLP=By Outdoor Lap Pool ORP=Outdoor Rec Pool
(IRP)=Moved to Indoor Rec Pool in inclement weather (ILP)=Moved to Indoor Lap Pool in inclement weather

PLEASE NOTE: NO ENTRANCE TO ANY CLASS AFTER CLASS BEGINS

MONDAY		
5:30a	BodyPump†	A Carolyn
8:15a	BodyPump	A Tammy
9:15a	BodyPump	A Susan
9:30a	Athletic Conditioning	CR Heather
10:00a	Zumba	C Mariana
10:15a	Cardio Kickboxing	A Jen K.
11:15a	Low Impact Workout*	A Kirsten
12:00p	Athletic Conditioning	A Tanya
1:00p	Complete Flexibility♦	A Tanya
3:30p	BodyPump	A Nina
4:30p	BodyCombat	A Jodie
5:30p	BodyPump	A Jodie
5:45p	Cardio Kickboxing	CR Stacey C.
6:30p	Zumba	A Doris
9:00a	BodyFlow	C Stacey K.
10:30a	PiYo	CR Heather
11:00a	Vinyasa Flow	C Tiffany
12:00p	Mat Pilates	C Kirsten
5:00p	PiYo	C Kim
6:00p	Power Yoga	C Tiffany
5:30a	Group Spin†	B Betsy
9:30a	Group Spin	B Cassandra
5:30p	Group Spin	B Sarah
6:30p	Group Spin	B Holly
9:00a	Aqua Athletics	ORP Angelika
6:00p	Aqua Interval	IRP Shannon
5:00p	Zumbatomic♦ (ages 4-7)	VKC Jamaica
5:30p	Zumbatomic♦ (ages 7-12)	VKC Jamaica

TUESDAY		
5:30a	BodyCombat†	A Todd
8:15a	BodyPump	A Susan
8:30a	Cardio Step*	CR Kim
9:00a	BodyCombat	C Jodie
9:15a	BodyPump	A Tammy
9:30a	Zumba Toning	CR Viry
10:15a	BodyPump	A Stacey C.
10:30a	Cardio Kickboxing	CR Jenny/Tanya
12:30p	BodyVive	A Jodie
1:30p	BodyCombat	A Stacey K.
4:30p	BodyPump	A Marie
5:30p	Athletic Conditioning	A Heather
5:45p	Zumba	CR Sylvia
6:30p	BodyPump	A Kris
9:00a	Tai Chi	OLP Gayle
10:00a	Mat Pilates	C Kirsten
11:00a	PiYo	C Kim
11:15a	BOSU Pilates	A Julie
12:00p	Vinyasa Flow	C Tiffany
5:15p	BodyFlow	C Stacey K.
6:15p	Mat Pilates	C Carolyn
7:15p	Vinyasa Flow	C Devin
5:30a	Group Spin†	B Robin
9:00a	Group Spin	B Ana
12:15p	Quick Ride♦	B Tanya
5:30p	Group Spin*	B Sarah
6:30p	Group Spin	B Betsy
10:00a	Aqua Athletics	ORP Susan
5:00p	Zumbatomic♦ (ages 4-7)	VKC Scott
5:30p	Zumbatomic♦ (ages 7-12)	VKC Scott

WEDNESDAY		
5:30a	BodyPump†	A Sarah
9:00a	Zumba	CR Mariana
9:15a	Athletic Conditioning	A Jen K.
10:00a	Zumba	CR Mariana
10:15a	Cardio Kickboxing	A Heather
11:15a	Low Impact Workout*	A Jodie
12:00p	BodyPump	A Stacey C.
4:30p	BodyCombat	A Jodie
5:30p	BodyPump	A Di/Nina
6:45p	Zumba	A Angela
5:30a	PiYo†	C Ali
6:30a	Mat Pilates†	C Katy
8:15a	Mat Pilates Express*	C Angelika
9:00a	PiYo	C Heather
10:00a	Mat Pilates	C Kirsten
11:00a	Gentle Yoga	C Devin
12:00p	PiYo	C Tanya
4:00p	BodyFlow	C Amy C.
5:00p	Vinyasa Flow	C Tiffany
6:00p	PiYo	C Andrea
5:30a	Group Spin†	B Dana
9:30a	Group Spin	B Mindy
5:30p	Group Spin	B Cassandra
6:30p	Group Spin	B Holly
9:00a	Aqua Athletics	ORP Susan
6:00p	Aqua Interval	IRP Allison U.

THURSDAY		
5:30a	BodyCombat†	A Todd
8:15a	BodyPump	A Erin
8:30a	Cardio Step*	CR Kirsten
9:00a	BodyCombat	C Jodie
9:15a	BodyCombat	CR Stacey K.
9:15a	BodyPump	A Tammy
10:15a	BodyPump	A Stacey C.
10:15a	Group Run	Lobby Sarah
11:15a	Abs! Abs! & More Abs!♦	A Stacey C.
12:00p	Zumba	A Doris
4:30p	BodyPump	A Marie
5:30p	Athletic Conditioning	A Heather
6:30p	BodyPump	A Carolyn
7:30p	Zumba	A Jamaica
10:00a	Advanced Yoga	C Tiffany
11:00a	PiYo	C Jodie
12:00p	Power Yoga	C Tiffany
1:00p	PiYo	C Tanya
5:15p	Flow Yoga	C Amy B.
6:15p	Mat Pilates	C Katy
7:15p	Vinyasa Flow	C Devin
5:30a	Group Spin†	B Ana
9:00a	Group Spin	B Sarah
12:15p	Quick Ride♦	B Tanya
5:30p	Group Spin	B Meghan
10:00a	Aqua Athletics	ORP Angelika

FRIDAY		
5:30a	BodyPump†	A TBA
8:15a	BodyPump	A Susan
9:15a	BodyPump	A Nina
9:30a	Athletic Conditioning	CR Tanya
10:30a	BodyCombat	A Stacey K.
11:30a	Zumba	CR Viry
12:00p	BodyPump	A Tammy
1:00p	BodyVive	A Di
5:30p	BodyPump	A Amy C.
6:00p	Zumba	C Angela
9:00a	Mat Pilates	C Kirsten
10:00a	Yoga Sculpt	C Tiffany
11:00a	Gentle Yoga	C Devin
12:00p	PiYo	C Andrea
5:00p	Restorative Yoga	C Nicolle
9:30a	Group Spin	B Marie
5:30p	Group Spin	B Sarah
9:00a	Aqua Athletics	ORP Rotation
10:00a	Exercise for Tots♦	VKC Susan
10:30a	Exercise for Tykes♦	VKC Susan

SATURDAY		
8:15a	Cardio Kickboxing	A Jenny
9:15a	BodyPump	A Jodie
10:15a	BodyCombat	A Jodie
10:30a	BodyCombat	CR Todd
11:15a	Abs! Abs! & More Abs!♦	A Jodie
12:15p	Zumba	A Angela
4:00p	BodyPump	A Marie
9:00a	BodyFlow	C Susan
10:00a	Vinyasa Flow	C Tandi
11:00a	Mat Pilates	C Tandi
12:00p	PiYo	C Kim D.
8:00a	Group Spin	B Ana
9:30a	Group Spin	B Meghan
10:45a	Begin to Spin*	B Sarah
9:00a	Aqua Athletics	ORP Natalie

SUNDAY		
9:15a	BodyPump†	A Di
10:00a	Zumba	C Scott
10:15a	BodyPump	A Jodie/Tammy
10:30a	BodyVive†	CR Di
11:00a	Cardio Kickboxing	C Elmer
11:15a	BodyCombat	A Lori
12:15p	BodyPump	A Angie
3:00p	Athletic Conditioning	A Alison
4:00p	Complete Flexibility♦	A Alison
12:00p	PiYo	C Kim
2:15p	Gentle Yoga	C Vicki
3:15p	Family Yoga*	C Vicki

Classes are 60 mins. unless noted:
 ♦30 mins. *45 mins.
 832-585-0822



†VillaKids Not Available

BOLD=Change
 (Rev. 12/29/2011)

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.