



# STUDIO LIVE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cardio Chisel</b> Brigitte - CAC 6:15-7:15AM					
		<b>Pilates Mat</b> Marietta - CAC 8-8:45AM		<b>Cardio Chisel</b> Cindy - CAC 8-8:45AM	<b>LES MILLS BODYCOMBAT™</b> Deanna - NM 8:30-9:30AM	
<b>TGIM</b> Yael - NM 9:15-10:15AM	<b>Athletic Yoga</b> Yael - NM 9:15-10:15AM	<b>LES MILLS BODYCOMBAT™</b> Yael - NM 9:15-10:15AM	<b>LES MILLS BODYPUMP</b> Erin - NM 9:15-10:15AM	<b>Chisel Yoga</b> Yael - NM 9:15-10:15AM	<b>LES MILLS BODYPUMP</b> Carol - NM 9:45-10:45AM	<b>LES MILLS BODYPUMP</b> Rachael - NM 9:30-10:30AM
					<b>Muscle Intervals</b> Lisa - NM 11AM-12PM	
<b>Flow Yoga</b> Jessica - CAC 12-1PM			<b>Performance Ride</b> Marietta - CAC 12-12:45PM			
<b>Muscle Hour</b> Lisa - NM 12-1PM	<b>Tabata/Core</b> Stephanie - NM 12-1PM	<b>HIT &amp; Heal</b> Lisa - NM 12-1PM	<b>Muscle Hour</b> Lisa - NM 12-1PM	<b>HIT &amp; Heal</b> Stephanie - NM 12-1PM		
<b>LES MILLS BODYCOMBAT™</b> Rachael - NM 4:30-5:30PM	<b>LES MILLS BODYCOMBAT™</b> Yael - NM 4:30-5:30PM	<b>LES MILLS BODYPUMP</b> Stephanie Sp - NM 4:30-5:30PM				
<b>Salsa</b> Patricia - NM 5:45-6:30PM	<b>Reb3I Groove</b> Solo - CAC 5:45-6:45PM					

The classes will be live streamed for members to access at home. This service is for active members only. To register for Studio Live, visit: <https://wellbridge.com/wellbridge-virtual-studio-fitness-classes/>

### **Athletic Yoga Yoga**

A dynamic practice that will have you flow from one posture to another, using your breath to guide your movement. This class is a challenging total body workout, designed to build flexibility, balance, and focus, as well as develop endurance and strength. Appropriate for all levels.

### **Barre Express**

Rooted in the disciplines and grace of ballet, Barre Burn proves why there is no such thing as an out-of-shape dancer. Small, controlled movements, isometric holds and high repetitions tighten and tone your entire body, as calories race to the nearest exit. With an emphasis on defining your glutes and legs, a dancer's physique is a hop, skip and a jete' away.

### **LES MILLS BODYPUMP**

The original LES MILLS™ barbell class that will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

### **Cardio Dance Mix**

An energetic, fun-filled mix of cardio dance formats designed to produce a high caloric burn and lots of sweat!

### **Chisel**

Alternate cardio and strength segments for a workout designed to shock your metabolism and get you the results you never dreamed you could achieve. Instructors choice whether you'll step, BOSU, jog, squat, push-up or plank, but we promise we'll keep it simple and straightforward with plenty of modifications.

### **Chisel Yoga**

Chisel Yoga incorporates traditional Yoga poses mixed with light hand weights for increased sculpting and toning. This class is a full body workout and adaptable to all levels.

### **Vinyasa/Flow Yoga**

Skillful sequencing and creative flows are the mark of this yoga class that links poses together with the focus on breath and movement. Build internal heat, detoxify the body and enliven your spirit. Beginners welcome and veterans challenged.

### **Hit & Heal**

This class will burn those pre-weekend calories and recovery you from your long week. 40 min of cardio and strength combinations and 20 min of yoga based stretch.

### **LIFT**

A 45 - 60 minute total body sculpting class using a variety of resistance equipment.

### **Muscle Hour**

A total body workout that utilizes different pieces of equipment such as steps, weights, bands, gliders, and more to condition and tone all muscle groups. This class will help you develop muscle endurance and strength. Appropriate for all levels.

### **Performance Ride**

The emphasis is on zero-impact, cardiovascular conditioning using proven training methods such as intervals, tempo rides, and FTP tests. Consistent riders typically enjoy phenomenal results, whether their goal is to race, join casual group rides, or just to get fitter than they ever dreamed possible. Astonish yourself! Roll in for Performance Ride.

### **PiYo®**

An upbeat mind/body class, PiYo® fuses the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga.

### **Pilates Mat**

Pilates Mat is a series of floor exercises designed by Joseph Pilates that focus on breath, concentration, control, centering and precision. These exercises are designed to uniformly strengthen the body as a whole creating a balance of strength and flexibility. Open to all levels, but lends itself to beginners and those not interested in weight-bearing exercises.

### **Salsa Aerobics**

This fun Latin Dance class features Samba, Merengue, Cha Cha, and much more! No partner needed.

### **TGIM**

#### **Thank Goodness It's Monday!**

That's right, come work off the weekend indulgence, and be surprised every week by a different workout, ranging from cardio, through weights, intervals, and much more.

### **TurboKick®**

Combines traditional kickboxing moves with high intensity interval training (HIIT) for an unbelievable calorie burn. No bags, no gloves. Just results.

### **Yoga I-II**

This class is appropriate for beginners as well as intermediate students, and it is both Iyengar and an Anusara based. Props are used to create proper alignment, freedom in the breath, and a balance of strength and stability. Each class offers a specific focus for that session - usually a part of the body or a system - highlighting the benefits of each pose. Initial centering - meditation, warm up flow movements, and postures are part of the class.