














































# CLUB 14 FITNESS GROUP FITNESS MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio One</p> <p> <b>GRIT</b>   <b>CARDIO</b> 6:30AM - 7:00AM Studio One</p> <p><b>ONDEMAND</b> 7:00AM - 8:00AM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 8:00AM - 9:00AM Studio One</p> <p> <b>LES MILLS RPM</b> 9:00AM - 10:00AM Cycle Studio</p> <p><b>Barre</b> 9:15AM - 10:15AM Studio One</p> <p><b>YOGA</b> 10:20AM - 11:20AM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 1:00PM - 1:30PM Studio One</p> <p><b>ONDEMAND</b> 1:30PM - 5:00PM Studio One</p> <p> <b>LES MILLS RPM</b> 5:30PM - 6:30PM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 6:00PM - 7:00PM Studio One</p> <p> 7:10PM - 8:40PM Studio One</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio One</p> <p><b>ZOOM</b> 8:00AM - 9:00AM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:00AM - 10:00AM Studio One</p> <p><b>FLOW</b> 10:05AM - 11:05AM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 11:15AM - 11:45AM Studio One</p> <p> 12:10PM - 1:10PM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 1:15PM - 2:15PM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 2:15PM - 2:45PM Studio One</p> <p><b>ONDEMAND</b> 3:00PM - 4:00PM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio One</p> <p> <b>LES MILLS RPM</b> 5:30PM - 6:30PM Cycle Studio</p> <p><b>ZUMBA</b> 6:45PM - 7:30PM Studio One</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio One</p> <p> <b>GRIT</b>   <b>CARDIO</b> 6:30AM - 7:00AM Studio One</p> <p> <b>LES MILLS RPM</b> 8:00AM - 9:00AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 8:00AM - 9:00AM Studio One</p> <p><b>Gentle Yoga</b> 9:10AM - 10:10AM Studio One</p> <p> <b>LES MILLS BODYCOMBAT</b> 10:15AM - 11:15AM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 11:15AM - 12:15PM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 2:15PM - 2:45PM Studio One</p> <p><b>ONDEMAND</b> 3:00PM - 5:00PM Studio One</p> <p><b>YOGA</b> 5:30PM - 6:30PM Studio One</p> <p> 6:30PM - 7:30PM Studio One</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM Studio One</p> <p> <b>sprint</b> 7:30AM - 8:00AM Studio One</p> <p> <b>THE TRIP</b> 8:00AM - 8:45AM Studio One</p> <p><b>PILATES</b> 9:00AM - 10:00AM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 10:05AM - 11:05AM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 11:05AM - 11:35AM Studio One</p> <p> 12:10PM - 1:10PM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 1:15PM - 2:15PM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 2:15PM - 2:45PM Studio One</p> <p><b>ONDEMAND</b> 3:00PM - 5:00PM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio One</p> <p><b>ZUMBA</b> 6:45PM - 7:30PM Studio One</p>	<p><b>ONDEMAND</b> 5:30AM - 6:30AM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 8:00AM - 9:00AM Studio One</p> <p><b>ZOOM</b> 8:00AM - 9:00AM Cycle Studio</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:00AM - 10:00AM Studio One</p> <p><b>BARRE</b> 10:10AM - 11:10AM Studio One</p> <p><b>FLOW</b> 11:15AM - 12:15PM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 12:30PM - 1:30PM Studio One</p> <p> <b>GRIT</b>   <b>STRENGTH</b> 1:30PM - 2:00PM Studio One</p> <p><b>ONDEMAND</b> 2:00PM - 5:00PM Studio One</p> <p> <b>LES MILLS RPM</b> 5:00PM - 5:50PM Studio One</p>	<p> <b>LES MILLS BODYCOMBAT</b> 9:00AM - 10:00AM Studio One</p> <p> <b>LES MILLS RPM</b> 9:00AM - 10:00AM Cycle Studio</p> <p> <b>LES MILLS BODYPUMP</b> 11:10AM - 12:10PM Studio One</p>	<p> <b>LES MILLS RPM</b> 9:00AM - 10:00AM Cycle Studio</p> <p><b>YOGA</b> 10:10AM - 11:20AM Studio One</p> <p> <b>LES MILLS BODYPUMP</b> 11:30AM - 12:30PM Studio One</p> <p> 3:00PM - 4:30PM Studio One</p>

## Barre

Barre classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Barre also incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

## LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

## LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.



Dance Trance is a high-intensity cardio-choreography dance fitness class. Styles include hip hop, pop, rock and R&B, and more. Break Down class is step-by-step instruction of the DT routines so that anyone can learn! NOTE: Dance Trance is a separate business and not included in the C14F membership. Please visit thestagefitness.com to sign up. First class is FREE.



Intermediate level Dance Trance where we break down the routines you've already practiced in BD. Separate from C14F, please visit thestagefitness.com

## FLOW

Beautiful Vinyasa flow set to inspiring music for anyone and everyone. Flow uses a range of movements and motion to improve your mind, body, and life leaving you feeling calm and centered.



Come dance on your lunch break! Visit thestagefitness.com for more details.

## ONDEMAND

On Demand

## LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

## LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

## LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

## LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

## LES MILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

## LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

## LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

## LES MILLS THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

## YOGA

This class is a Vinyasa Flow Series for all ability levels. In Vinyasa yoga, movement is synchronized to the breath. We focus on strengthening and stretching the body while moving smoothly through the poses. Balance and concentration are noticeably improved for many participants in this low impact flow series perfect for any age

## ZOOM

Get ready to add hand weights to your ride! Tone and sculpt your upper body and core while riding to the awesome beats of Todd's custom-mix!

## ZUMBA

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness.

