

CLUB 14 FITNESS GROUP FITNESS SEPTEMBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|--|
| <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>ONDEMAND 7:00AM - 8:00AM Studio One</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>BARRE 9:15AM - 10:15AM Studio One</p> <p>YOGA 10:20AM - 11:20AM Studio One</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio One</p> <p>ONDEMAND 1:30PM - 4:15PM Studio One</p> <p>LES MILLS BODYCOMBAT 6:00PM - 7:00PM Studio One</p> <p> DANCE OF FIRE 7:10PM - 8:40PM Studio One</p> | <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>ZOOM 8:00AM - 9:00AM Studio One</p> <p>LES MILLS BODYCOMBAT 9:00AM - 10:00AM Studio One</p> <p>LES MILLS BODYBALANCE 10:05AM - 11:05AM Studio One</p> <p> DANCE OF FIRE 12:10PM - 1:10PM Studio One</p> <p> LES MILLS BODYPUMP 1:15PM - 2:15PM Studio One</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio One</p> <p>ZUMBA 7:00PM - 8:00PM Studio One</p> | <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>CYCLE 9:10AM - 10:10AM Studio One</p> <p>Gentle Yoga 10:20AM - 11:20AM Studio One</p> <p> LES MILLS BODYPUMP 11:30AM - 12:30PM Studio One</p> <p>PRIVATE CLASS MOBILITY/FLEXIBILITY 1:00PM - 2:00PM Studio One</p> <p>ONDEMAND 3:00PM - 5:00PM Studio One</p> <p>YOGA 5:30PM - 6:30PM Studio One</p> <p> DANCE OF FIRE 6:45PM - 7:45PM Studio One</p> | <p> LES MILLS BODYPUMP 5:30AM - 6:30AM Studio One</p> <p>ZOOM 7:55AM - 8:55AM Studio One</p> <p>PILATES 9:00AM - 10:00AM Studio One</p> <p> LES MILLS BODYPUMP 11:05AM - 12:05PM Studio One</p> <p> DANCE OF FIRE 12:10PM - 1:10PM Studio One</p> <p> LES MILLS BODYPUMP 1:15PM - 2:15PM Studio One</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio One</p> <p>ZUMBA 7:00PM - 8:00PM Studio One</p> | <p>ONDEMAND 5:30AM - 6:30AM Studio One</p> <p>LES MILLS BODYPUMP 8:00AM - 9:00AM Studio One</p> <p>LES MILLS BODYCOMBAT 9:00AM - 10:00AM Studio One</p> <p>BARRE 10:05AM - 11:05AM Studio One</p> <p>LES MILLS BODYBALANCE 11:05AM - 12:05PM Studio One</p> <p> LES MILLS BODYPUMP 12:15PM - 1:15PM Studio One</p> <p>ONDEMAND 2:00PM - 5:00PM Studio One</p> <p> LES MILLS RPM 5:00PM - 5:50PM Studio One</p> | <p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM Studio One</p> <p>CYCLE 9:40AM - 10:40AM Studio One</p> <p> LES MILLS BODYPUMP 11:00AM - 12:00PM Studio One</p> | <p>CYCLE 9:00AM - 10:00AM Studio One</p> <p>YOGA 10:10AM - 11:20AM Studio One</p> <p> LES MILLS BODYPUMP 11:30AM - 12:30PM Studio One</p> <p> DANCE OF FIRE 3:00PM - 4:30PM Studio One</p> |

LES MILLS
BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

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



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

ONDEMAND

On Demand

PRIVATE CLASS MOBILITY/FLEXIBILITY

This private class is a combination of multiple methods of stretching, foam rolling, muscle pain release, and movement quality improvement. The benefits of mobility training are plentiful: helps prevent knots and injuries. Relieves tension associated with sedentary lifestyles or over-exercising. Improves all-round functional fitness performance. Increases range of movement, helping us stay active and healthy longer in life.

 **LES MILLS**
BODYPUMP

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

 **LES MILLS**
RPM

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

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.

