



GROUP X SCHEDULE

FALL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30am Interval Training Claire	9:00-9:45am Balance & Stability BJ/Gail N.	7:30-8:30am Interval Training Claire	9:00-9:45am Balance & Stability Lisa	6:00-7:00am Cycle Mary
9:00-10:00am Gentle Stretch Jesse	10:00-10:45am Chair Aerobics BJ/Gail N.	10:00-11:00am Water Aerobics BJ	10:00-10:45am Rockin' Chair Aerobics BJ	7:30-8:30am Interval Training Claire
11:30am - 12:15pm Intro C3 Training Lisa	4:30-5:30pm PiYo Jesse	11:30am - 12:15pm Intro C3 Training Lisa	1:00pm-2:00pm Water Aerobics BJ	9:00-9:45am Strengthen & Lengthen Lisa
1:00-2:00pm Water Aerobics BJ	5:15-6:00pm C3 Circuit Training Sami	5:15-6:00pm C3 Circuit Training Mateo	5:15-6:00pm C3 Circuit Training Mateo	10:00-11:00am Water Aerobics Vanessa
5:15-6:00pm C3 Circuit Training Sami	5:30-6:30pm B.A.A.T.S. Gail N.	5:30-6:30pm Pilates Gail N.	5:30-6:30pm Mind Body Fusion Vanessa	
5:30-6:30pm Cycle Patrick	6:30-7:30pm BollyX Lalitha	6:30-7:30pm Body Blast Jen D.	5:30-6:30pm Cycle Patrick	
5:30-6:30pm Step and Sculpt Jesse	6:30-7:15pm Glute Camp  Jason		6:30-7:30pm Step & Sculpt Gail S.	
6:30-7:30pm Yin Pi-Yo Jesse			6:30-7:15pm Glute Camp  Jason	
				Sunday
				6:00-7:00pm Cardio Kickboxing Melissa
				Classes during senior hours in gray

*Class date and times are subject to change

CLASS DESCRIPTIONS

B.A.A.T.s A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance. This advanced class is not recommended for those new to Group X classes.

Balance and Stability Designed to help you become stronger and improve balance. It can be adapted depending on the skill of individual participants.

Body Blast This intense workout will blend low-impact cardio, weight and interval training. This class will help you burn calories and tone your body, igniting your muscles to reveal your best shape!

BollyX A Bollywood-inspired movement-fitness program that combines dynamic choreography with high-intensity interval training (HIIT), all performed to upbeat and heart-pumping music from around the world.

Cardio Kickboxing Kick, Punch, Bob and Weave your way through the high impact, complete body workout that aims to improve strength, aerobic fitness, coordination and balance.

Cycle These stationary bike classes are the perfect way to start your everyday routine. Ideal for participants at all levels of fitness and experience.

Chair Aerobics Light weights and TheraBands® are used for resistance training to increase strength. Some balance movements are done while standing with options for seated participants.

C3 Circuit Training This class offers high-intensity cardio and resistance weight training for a full-body workout. The body will be pushed to different levels, reaching maximum effort and elevating the heart to a higher fitness level intensity. *Reservation Required* please visit mydrayson.llu.edu to book your spot.

Gentle Stretch A beginner stretch class suitable for all ages and all levels of ability. Students will learn simple stretch poses to improve flexibility, strength, and balance as well as easy breathing exercises to reduce stress, boost the immune system, promote the mind body connection, and improve mental health.

Glute Camp Join our Glute Training Class to sculpt and strengthen your glutes with a blend of resistance exercises and strength training. Our trainers will guide you through a high-energy workout designed to target your muscles effectively and improve your overall fitness. \$10 member/ \$15 non-member per class 3-pack \$25 member/ \$40 non-member. *Reservation Required* please visit mydrayson.llu.edu to book your spot.

Intro C3 Circuit Training Same movements as C3 Circuit Training at a beginners level.

Interval Training Combines aerobic floor work with free weight training. Makes a great workout for all of the muscles.

Mind Body Fusion Combines Barre, Pilates and core balance movements for a holistic workout that strengthens, tones, and enhances mental clarity. This metabolism-boosting, low-impact class is excellent for sculpting muscles and building core strength and is suitable for individuals of all fitness levels.

Pilates Become stronger and more flexible without bulking up. Pilates concentrates on using fewer, but more controlled movements, to uniformly develop the body, focusing primarily on the core.

PiYo Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of dynamic stretching. This fat burning, low-impact class is great for defining muscles and building strength and is suitable for all levels.

Rockin' Chair Aerobics Chair Aerobics invigorated by the sounds of the 50's and 60's music.

Step and Sculpt Moderate-intensity step aerobics designed to sculpt, tone, and reshape the total body.

Strengthen & Lengthen Consists of gentle stretching poses and sequences in conjunction with breath that will improve the strength, flexibility, and mobility of your spine. You will work on strengthening various muscle groups, stretch, and lengthen tight areas of the body while improving bone density, balance, and posture.

Water Aerobics A low impact, moderate intensity workout in our heated pool that gives you a unique way to exercise while having fun.

Yin Pi-Yo A slower paced, tradition stretching class which incorporates poses which are held for a long period of time to target the connective tissues. Yin Stretch will help you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.