LOMA LINDA UNIVERSITY
Drayson Center

GROUP-X SCHEDULE

Fall 2026

Monday

SENIOR HOURS

7:30-8:30am
Interval Training
Claire

9:00-10:00am
Gentle Stretch
Jesse

12:00pm - 12:45pm
Intro C3 Training
Lisa

1:00-2:00pm
Water Aerobics
BJ

5:15-6:00pm
HIIT
Chris $

5:30-6:30pm
Cycle
Mary

5:30-6:30pm
Cardio Step & Sculpt
Jesse

6:30-7:30pm
Zumba
David

Tuesday

SENIOR HOURS

9:00-9:45am
Balance, Strength & Stability
Kristen/Gail

10:00-10:45am
Chair Aerobics
Kristen/Gail

4:30-5:30pm
Pi-Yo
Jesse

5:30-6:30pm
B.A.A.T.S
Gail N.

6:00-7:00pm
Glute Camp $
Jason

6:30-7:30pm
BollyX
Lalitha
NEW

Wednesday

SENIOR HOURS

7:30-8:30am
Interval Training
Claire

10:00-11:00am
Water Aerobics
Merry

12:00pm - 12:45pm
Intro C3 Training
Lisa

5:15-6:00pm
HIIT $
Chris

5:30-6:30pm
Pilates
Gail N.

6:30-7:15pm
Body Blast
Jen D.

Thursday

SENIOR HOURS

9:00-9:45am
Balance, Strength & Stability
BJ

10:00-10:45am
Rockin' Chair Aerobics
BJ

1:00-2:00pm
Water Aerobics
BJ

5:30-6:30pm
Mind Body Fusion
Vanessa

5:30-6:30pm
Cycle
Patrick

6:00-7:00pm
Glute Camp $
Jason

6:30-7:30pm
Cardio Step & Sculpt
Gail S.

Friday

6:00-7:00am
Cycle
Mary

SENIOR HOURS

7:30-8:30am
Interval Training
Claire

9:00-10:00am
Strengthen & Lengthen
Jesse

10:00am-11:00am
Water Aerobics
Merry

11:30 am - 12:15pm
Intro C3 Training
Nick

Sunday

5:00-6:00pm
Barre-P'Lates
Kristen

*Class date and times are subject to change

CLASS DESCRIPTIONS

Aqua Board Core This water-based, full body workout utilizes a tethered inflatable board in the pool. Performing exercises and flowing sequences on an unstable surface challenges your posture, alignment and stability. This class effectively improves balance, focus, flexibility, core strength, and endurance. Introductory Rate $3 Students $5 Members.

B.A.A.T.s A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance.

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

Barre-P'lates Incorporating movements from Pilates, Barre, & Ballet— Barre-P'Lates promotes integral motion to improve mobility, strength, stability, flexibility, & cardio for physically holistic wellness of the body. These combined techniques offer all-around fitness with ballet finesse, minimal equipment, & impactful motion to challenge the body to a healthy standard.

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 (HITT), all performed to upbeat and heart-pumping music from around the world.

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

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 is a low impact seated class that is done entirely in a chair. Balls, TheraBands® and weights are used for strengthening the entire body. This active class is designed to build strength, burn calories and improve coordination.

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. $5 LLU student/ $10 member/ $15 non-member per class 3-pack $12 LLU student/ $25 member/ $40 non-member. *Reservation Required* please visit mydrayson.llu.edu to book your spot.

HIIT 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. Monday/Wednesday will be upper body & core focused, Tuesday/Thursday will be lower body & core focused. *Reservation Required* please visit mydrayson.llu.edu to book your spot.

Intro C3 Circuit Training is a beginner High Intensity Interval Training class that combines simple exercises with short bursts of high intensity and recovery periods, helping to improve strength and fitness at your own pace. Perfect for newcomers to fitness!

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.

Pi-Yo 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.

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.

TRX A class where you can expect to challenge your sense of balance and stability while getting a full body workout. The TRX suspension trainer is designed by challenging the core within each exercise. Each class session will consist of both upper and lower body exercises that range from beginner to advanced movements. This class is suitable for those new to training with the TRX as well as those with years of experience.

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

Zumba: A fun, high-energy dance fitness class with easy-to-follow moves for all fitness levels.