



GROUP-X SCHEDULE

Winter 2024

MONDAY

7:30-8:30am
Interval Training

9:00-10:00am
Gentle Stretch

11:30-12:15am
Intro C3 Training

1:00-2:00pm
Water Aerobics

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
Cycle

5:30-6:30pm
Step and Sculpt

6:30-7:30pm
Yin Stretch

TUESDAY

7:30-8:30am
Byla/LIIT

9:00-9:45am
Balance & Stability

10:30-11:30 am
Chair Aerobics

4:15-5:00pm
C3 Circuit Training

4:30-5:30pm
PiYo

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
B.A.A.T.s

6:30-7:30pm
BollyX

WEDNESDAY

7:30-8:30am
Interval Training

10:00-11:00am
Water Aerobics

4:15-5:00pm
C3 Circuit Training

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
Pilates

6:30-7:30pm
Stretch Flow

THURSDAY

7:30-8:30am
LIIT

9:00-9:45am
Balance & Stability

10:30-11:30am
Rockin' Chair Aerobics

1:00-2:00pm
Water Aerobics

4:15-5:00pm
C3 Circuit Training

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
Barre

6:30-7:15pm
C3 Circuit Training

6:30-7:30pm
Step and Sculpt

FRIDAY

6:00-7:00am
Cycle

7:00-7:45am
C3 Circuit Training

7:30-8:30am
Interval Training

9:00am-9:45am
Strengthen &
Lengthen

10:00-11:00am
Water Aerobics

SUNDAY

5:00-6:00pm
Pilates

Classes during Senior
Hours in purple.

*Class dates 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.

Barre A low-impact, high-intensity class designed to tone muscles and improve strength, agility and flexibility.

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.

Byla/LIIT This low impact cardio-toning class mixes interval strength, and balance training with aerobic choreography using rhythm-based movements for cardio endurance and strengthening.

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.

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.

LIIT Low Impact Interval Training is a combination of Cardio and Strength interval training for all 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.

Stretch Flow This slower paced flow class allows time to explore dynamic stretching postures while cultivating strength, flexibility, balance and tranquility.

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

Yin Stretch 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.