



LOMA LINDA UNIVERSITY

Drayson Center



GROUP-X SCHEDULE

SPRING 2025

Monday

Tuesday

Wednesday

Thursday

Friday

S E N I O R	7:30-8:30am Interval Training Claire	H O U R S
	9:00-10:00am Gentle Stretch Jesse	
	11:30am - 12:15pm Intro C3 Training Lisa	
	1:00-2:00pm Water Aerobics BJ	

5:15-6:00pm
HIIT 
Symone

5:30-6:30pm
Cycle
Patrick

5:30-6:30pm
Step and Sculpt
Jesse


6:30-7:30pm
Pi-Yo
Jesse

S E N I O R	9:00-9:45am Balance, Strength & Stability BJ/Gail N.	H O U R S
	10:00-10:45am Chair Aerobics BJ/Gail N.	
	4:30-5:30pm Pi-Yo Jesse	
	5:15-6:00pm HIIT  Jason	

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


6:15-7:00pm
Glute Camp 
Jason

6:30-7:30pm
BollyX
Lalitha

S E N I O R	7:30-8:30am Interval Training Claire	H O U R S
	10:00-11:00am Water Aerobics BJ	
	11:30am - 12:15pm Intro C3 Training Nick	
	5:15-6:00pm HIIT  Mariana	

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

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

S E N I O R	9:00-9:45am Balance, Strength & Stability BJ	H O U R S
	10:00-10:45am Rockin' Chair Aerobics BJ	
	5:15-6:00pm HIIT  Lisa	
	5:30-6:30pm Mind Body Fusion Vanessa	

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

5:30-6:30pm
Cycle
Patrick

6:15-7:00pm
Glute Camp 
Jason

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

S E N I O R	6:00-7:00am Cycle Mary	H O U R S
	7:30-8:30am Interval Training Claire	
	9:00-9:45am Strengthen & Lengthen Lisa	
	10:00-11:00am Water Aerobics Vanessa	

Sunday

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

6:00-7:00pm
Cardio Kickboxing
Melissa

*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, 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 (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 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.

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.

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.

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.

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.