

WINTER
2024
EFFECTIVE 01.02.24



GROUP EXERCISE SCHEDULE

LEXINGTON ATHLETIC CLUB

SCHEDULE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C 5:30 BOOT CAMP Meredith		A 5:30 CHAOS Abby	A 5:30 CYCLING 45 Meredith	A 5:30 CHAOS Meredith		LAC Hours Mon-Thurs. 5 AM - 11 PM Friday 5 AM - 9 PM Saturday 7 AM - 7 PM Sunday 8 AM - 8 PM
				C 8:30 INSANITY Crinda	B 8:00 M3THOD Becky	
A 9:00 CYCLING 45 Karen		A 9:00 CYCLING 45 Pam	B 9:00 ZUMBA Sarah	A 9:15 CYCLING 45 Pam	A 9:00 CYCLING 45 Rotation	Playroom Hours Mon - Fri 8 AM - 12 PM 4 PM - 8 PM Saturday 8 AM - 12 PM Sunday closed
B 9:00 ZUMBA Emily	B 9:00 CSI: CARDIO & STRENGTH INTERVALS Jay	B 9:00 FLOWFUSION Karen	C 9:00 CSI: CARDIO & STRENGTH INTERVALS Crinda	B 9:00 ZUMBA Libby	B 9:00 ZUMBA Rotation	
P 9:30 AQUAFIT 45 Libby	B 10:00 Fit-Rx Jay	P 9:30 AQUAFIT 45 Missy	B 10:00 Fit-Rx Carrie		C 9:00 TABATA BOOT CAMP Jen	
B 10:00 GROUP POWER Karen	B 11:15 SILVERSNEAKERS Jay	B 10:00 GROUP POWER Julee			B 10:00 GROUP POWER Rotation	
B 11:15 YOGA FLOW Libby		B 11:15 YOGA FLOW Michelle		B 11:15 YOGA FLOW Rico	B 11:15 YOGA FLOW Rico	
A 6:00 CYCLING 45 Shannon	A 6:00 CYCLING 45 Jay	A 6:00 CYCLING 45 Jay				SNOW DAY: IF FAYETTE COUNTY CALLS OFF SCHOOL, ALL CLASSES ARE CANCELED UNTIL NOON.
C 6:00 BOOT CAMP Jay	C 6:00 TABATA BOOT CAMP Jen		C 6:00 BOOT CAMP Avery			
B 6:00 GROUP POWER Rodd	B 6:00 ZUMBA Libby	B 6:00 GROUP POWER Vic				
B 7:00 ZUMBA Teresa		B 7:00 ZUMBA Teresa				
						STUDIOS A Upstairs Spinning Studio B Downstairs Large Studio C Functional Training Area P Pool

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01.01.24



GROUP EXERCISE CLASS DESCRIPTIONS

LEXINGTON ATHLETIC CLUB

AQUAFIT: A 45 minute water aerobic interval class that will challenge you aerobically while toning and strengthening your muscles. A great workout full of basic exercises designed to take advantage of the therapeutic benefits that water provides.

BOOT CAMP: Sometimes it's kettlebells and barbells. Sometimes it's bodyweight. Sometimes it's intervals and Tabata's. But usually it's a combination of everything— and it's ALWAYS sweaty, gritty and fun!

CHAOS: This class takes the best moves from Boot Camp and combines it with Cycling for a total body workout without equal. For even more results, consider taking both the Wednesday and Friday Chaos class-- they are designed to be synergistic and complimentary to each other.

C.S.I. : CARDIO & STRENGTH INTERVALS: This high intensity interval training (HIIT) class is the perfect combination of strength training, muscle toning and cardio! Led by a dynamic instructor, this fast-paced class combines intense intervals of calisthenics, cardio, and weights for a complete total body workout!

FIT-Rx: This class is the "Fitness Prescription" for those of you 55 and up. Engage in a powerful and fun workout that provides low impact, medium intensity cardio training, along with agility, mobility and flexibility, plus muscular endurance work --all perfectly designed for active adults.

FLOWFUSION: CORE. SCULPT. TONE. Bands, ball and dumbbells are used in this class to sculpt and strengthen as well as improve balance and flexibility. A great class for beginners or for adding variety to your workout routine.

GROUP POWER: This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages

HIP-HOP: Xtreme Hip Hop is an updated take on traditional step aerobics combining new call-outs with the hottest hip-hop and R&B music!

INSANITY: A hard core, high intensity, Boot Camp style class based on the popular INSANITY workout program. Push your limits...work out at maximum capacity...join the INSANITY!

M3THOD: Stretch. Strengthen. Tone. This class is a combination of the best M3THODs of 3 classic systems: PILATES, YOGA and BALLET. You'll work on alignment, flexibility and balance with an emphasis on core and posture while developing a calmer more relaxed mind.

SILVER SNEAKERS Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seating or standing support.

CYCLING: This class resembles a real bike ride outdoors, simulating trails, hill climbing, and open roads, using varied resistance and cycling techniques. Featuring "Coach by Color" programming, power meters and displays on every bike, and a theater style multi-media screen.

CYCLE express: Crunched for time? Try this shortened cycling class that's jam packed with sprints and climbs...beat the clock but not the challenge!

CYCLE & RUN: An interval style workout combining the benefits of cycling and running. This workout is not for the faint of heart! Challenging for all skill levels!

SWIMFIT: Lap Swimming class that will give you a great workout while also improving your stroke technique. Workouts are scaled for the entry level swimmer up to an advanced level.

TABATA BOOTCAMP: This is a fun and fast paced high-intensity interval class that immediately raises heart rate and revs metabolism. This class will continue to keep metabolism revving (burning calories!) long after class is over. Tabata example: 20 sec of very high intensity work followed by 10 sec of rest for 4 different exercises (like pushups, squats, medicine ball slams, jump rope), repeated for 8 rounds.

Yoga FLOW: Increase your mind, body, and spirit through a sequence of yoga poses that flow from one to another incorporating breathing throughout the movement patterns. Great for developing breath and body awareness as well as strength and energy. All levels welcome.

Yoga BASICS: Slow paced, but challenging flow class, that focuses on coordinating movement with breath and learning safe alignment in the foundational poses. All levels welcome.

Yoga VIN to RESTORE: This 75 minute class begins with traditional yoga flow and ends with a sequence of restorative poses done primarily on the floor, supported by props to promote deep relaxation and stress reduction. All levels welcome.

ZUMBA: This high-energy and motivating class is a combination of Latin Dance, traditional body sculpting and aerobic intervals. This class is fun, effective and easy to learn...you'll leave HAPPY!