

**spring  
2024**  
EFFECTIVE 04.08.24



# GROUP EXERCISE SCHEDULE

LEXINGTON ATHLETIC CLUB

SCHEDULE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>C</b> 5:30 <b>BOOT CAMP</b> Meredith			<b>A</b> 5:30 <b>CYCLING</b> 45 Meredith	<b>A</b> 5:30 <b>CHAOS</b> Meredith		<b>LAC Hours</b> Mon-Thurs. 5 AM – 11 PM Friday 5 AM – 9 PM Saturday 7 AM – 7 PM Sunday 8 AM – 8 PM
				<b>C</b> 8:30 <b>INSANITY</b> Crinda	<b>B</b> 8:00 <b>M3THOD</b> Becky	
<b>A</b> 9:00 <b>CYCLING</b> 45 Karen		<b>A</b> 9:00 <b>CYCLING</b> 45 Pam	<b>B</b> 9:00 <b>ZUMBA</b> Sarah	<b>A</b> 9:15 <b>CYCLING</b> 45 Pam	<b>A</b> 9:00 <b>CYCLING</b> 45 Rotation	<b>Playroom Hours</b> Mon - Fri 8 AM – 12 PM 4 PM – 8 PM Saturday 8 AM – 12 PM Sunday closed
<b>B</b> 9:00 <b>ZUMBA</b> Emily	<b>B</b> 9:00 <b>CSI: CARDIO &amp; STRENGTH INTERVALS</b> Jay	<b>B</b> 9:00 <b>FLOWFUSION</b> Karen	<b>C</b> 9:00 <b>CSI: CARDIO &amp; STRENGTH INTERVALS</b> Crinda	<b>B</b> 9:00 <b>ZUMBA</b> Libby	<b>B</b> 9:00 <b>ZUMBA</b> Rotation	
<b>P</b> 9:30 <b>AQUAFIT</b> 45 Libby	<b>B</b> 10:00 <b>Fit-Rx</b> Jay	<b>P</b> 9:30 <b>AQUAFIT</b> 45 Missy	<b>B</b> 10:00 <b>Fit-Rx</b> Carrie		<b>C</b> 9:00 <b>TABATA BOOT CAMP</b> Jen	
<b>B</b> 10:00 <b>GROUP POWER</b> Karen	<b>B</b> 11:15 <b>SILVERSNEAKERS</b> Avery	<b>B</b> 10:00 <b>GROUP POWER</b> Julee			<b>B</b> 10:00 <b>GROUP POWER</b> Rotation	
<b>B</b> 11:15 <b>YOGA FLOW</b> Libby		<b>B</b> 11:15 <b>YOGA FLOW</b> Michelle		<b>B</b> 11:15 <b>YOGA FLOW</b> Rico	<b>B</b> 11:15 <b>YOGA FLOW</b> Rico	
<b>A</b> 6:00 <b>CYCLING</b> 45 Shannon	<b>A</b> 6:00 <b>CYCLING</b> 45 Jay	<b>A</b> 6:00 <b>CYCLING</b> 45 Jay				
<b>C</b> 6:00 <b>BOOT CAMP</b> Jay	<b>C</b> 6:00 <b>TABATA BOOT CAMP</b> Jen		<b>C</b> 6:00 <b>BOOT CAMP</b> Avery			
<b>B</b> 6:00 <b>GROUP POWER</b> Rodd	<b>B</b> 6:00 <b>ZUMBA</b> Libby	<b>B</b> 6:00 <b>GROUP POWER</b> Vic				
<b>B</b> 7:00 <b>ZUMBA</b> Teresa		<b>B</b> 7:00 <b>ZUMBA</b> Teresa				

**GROUP POWER**  
your hour  
Of power!  
The 60 minute motivating  
& inspiring barbell class  
set to fantastic music!  
**Discover GroupPOWER,  
discover RESULTS!**

**BURN  
500  
CALORIES  
PER HOUR!**  
...SPINNING!  
14 CLASSES PER WEEK!

**ZUMBA**  
**7X**  
A WEEK!  
MON: 9:00AM  
MON: 7:00PM  
TUE: 6:00PM  
WED: 7:00PM  
THUR: 9:00AM  
FRI: 9:00AM  
SAT: 9:00AM

**STUDIOS**  
A Upstairs Spinning Studio  
B Downstairs Large Studio  
C Functional Training Area  
P Pool

**GROUP EXERCISE DIRECTOR: LIBBY CORTES • 3882 MALL ROAD • LEXINGTON, KY 40503 • 859.273.3163 • www.lexingtonathleticclub.com**  
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# 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!