## MONDAY
- **5:15am**  
  *RPM* - Julie
- **6:00am**  
  GRIT - Virtual
- **7:15am**  
  Splash Fitness - Wendy
- **8:45am**  
  *BodyPump* - Evelyn
  *PiYo* - Sylvia R
  Splash Fitness - Griselda
- **9:15am**  
  *SPRINT* - LuAnne
- **10:00am**  
  Zumba - Caroline
  Yoga - Paulette
  *Cycle* - Ernesto
  *Deep Water* - Griselda

## TUESDAY
- **5:15am**  
  *SPRINT* - Katie
- **6:00am**  
  *BodyPump* - Evelyn
- **9:00am**  
  Zumba - Caroline
  Yoga - Paulette
  *Cycle* - LuAnne
  *BodyAttack* - Stephanie
  *Barre* - Christine
  Splash Fitness - Sylvia R.
- **10:30am**  
  *SPRINT* - Caroline

## WEDNESDAY
- **5:30am**  
  BodyCombat - Jammie
- **8:25am**  
  CxWorx - Virtual
- **9:00am**  
  BodyCombat - Linda
  Mat Pilates - Debbie
- **9:15am**  
  *SPRINT* - Julie
- **10:00am**  
  BodyFlow - Jammie
  *BodyPump* - Stephanie
  *Cycle* - Ernesto
  Aqua Zumba - Griselda

## THURSDAY
- **5:30am**  
  *SPRINT* - Julie
- **6:10am**  
  CxWorx - Linda
- **9:00am**  
  *Barre* - Debbie
  *BodyPump* - LuAnne
  *RPM* - Linda
- **9:15am**  
  **SPRINT** - Sylvia R.
- **10:00am**  
  BodyCombat - Linda
  BodyFlow - Christine
  GRIT - Stephanie
- **10:30am**  
  *SPRINT* - Caroline

## FRIDAY
- **5:30am**  
  *BodyPump* - Jammie
- **7:15am**  
  Splash Fitness - Wendy
- **8:30am**  
  CxWorx - Sylvia R.
- **9:00am**  
  BodyCombat - Linda
  PIYo - Sylvia R
  *Cycle* - Ernesto
- **9:15am**  
  Splash Fitness - Sylvia R.
- **10:00am**  
  *Beginner Yoga* - Susan
- **10:15am**  
  *RPM* - LuAnne
- **11:00am**  
  CxWorx - Zandra
  *Barre* - Nancy
- **12:00pm**  
  Zumba Gold - Griselda
- **1:00pm**  
  Beginner Yoga - Nancy

## SATURDAY
- **8:45am**  
  *BodyPump* - Mark S
- **9:00am**  
  Hot Yoga (75 min) - Christine
  *SPRINT* - Daniel
- **9:45am**  
  GRIT - LuAnne
- **10:00am**  
  *RPM* - Shari
- **10:15am**  
  CxWorx - LuAnne
- **11:00am**  
  Combat/Attack Alt. Weeks - Daniel/Stephanie
  BodyFlow - Mark M
- **4:00pm**  
  BodyStep - Natalie
- **5:00pm**  
  *BodyPump* - Natalie

## HOURS
- Monday - Thursday
  8:30am - 10pm
  Saturday & Sunday
  7am - 7pm

## KIDS CLUB HOURS
- Monday - Thursday
  8:30am - 1pm
  4pm - 8:45pm
- Friday - Sunday
  8:30am - 1pm

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*Les Mills Virtual Classes are available during open times in the large group fitness studio.

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**AdventHealth Wellness Center**  
2700 Healing Way, STE 101, Wesley Chapel, FL 33543  
(813) 929-5252 | AHWCwellness.com
**CLASS DESCRIPTIONS**

**LesMills BodyAttack®**
High-energy interval training combines athletic aerobic movements with strength and stabilization.

**LesMills BodyCombat®**
Fierce energetic workout featuring moves inspired by karate, tai chi and kick boxing.

**LesMills BodyPump®**
Strength training barbell class targeting major muscle groups with squats, presses, lifts and curls. (XP, 45 minutes)

**LesMills BodyStep®**
Low-impact aerobic workout on a height-adjustable step provides energetic muscle conditioning.

**LesMills CXWORX®**
Challenging but achievable core training using resistance tubes, weight plates and body weight. (30 minutes)

**LesMills GRIT**
High-intensity interval training combines cardio/strength/plyometrics to reach max training zones. (30 minutes)

**ZUMBA®**
Dance aerobic interval training featuring a fun fusion of Latin and international music.

**Barre**
Isometric strength training with elements of ballet, yoga and Pilates and small ROM movements.

**Fit 4 Life**
Low-impact cardio strength, endurance and flexibility to improve skills for daily living.

**Total Body Conditioning**
This class incorporates strength and cardio segments using equipment such as dumbbells, stability balls and bands, for a total body workout.

**Aqua Arthritis**
Fun, safe workout to help people with arthritis stay fit while relieving pain and discomfort.

**Aquabata**
Tabata-style water workout broken into eight 30-second training intervals (.20 work/.10 rest).

**Deep Water**
Non-impact workout using a flotation belt to deliver effective cardio and core conditioning.

**Splash Fitness**
Cardio workout using buoyancy equipment to tone muscles and strengthen core stabilizers.

**LesMills BODYFLOW®**
Calm, centered strength training embracing yoga, tai chi and Pilates to build flexibility.

**Yoga**
Synchronized breathing, poses, strength and flexibility to increase mental focus.

**Beginner Yoga**
Basic breathing, stretching and flexibility to increase mobility and introduce yoga principles.

**Hot/Warm Yoga**
Requires basic yoga knowledge
Heated/humid environment to challenge the cardiovascular system and eliminate toxins.

**Yoga Stretch**
A variety of strength, endurance and flexibility exercises to improve skills for daily living.

**Mat Pilates**
Progressive movements to improve core strength and stability for all fitness levels.

**Stretch**
Mat-based body weight resistance training focusing on total flexibility. (45 minutes)

**PiYo**
A low-impact workout combining the muscle-sculpting of Pilates with the flexibility of yoga.