

















FITNESS ZONE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 – 5:15am <i>Virtual</i> LES MILLS CORE	5:00 – 5:15am <i>Virtual</i> LES MILLS CORE	5:00 – 5:15am <i>Virtual</i> LES MILLS CORE	5:00 – 5:15am <i>Virtual</i> LES MILLS CORE	5:00 – 5:15am <i>Virtual</i> LES MILLS CORE	
5:30-6:15am <i>Virtual</i> LES MILLS BODYCOMBAT	5:30-6:15am <i>Virtual</i> LES MILLS BODYPUMP®	5:30-6:15am <i>Virtual</i> LES MILLS sprint	5:30-6:15am <i>Virtual</i> LES MILLS BODYCOMBAT	5:30-6:15am <i>Virtual</i> LES MILLS BODYPUMP®	
8:30am <i>Live</i>  YOGA Heather	9:00am <i>Live</i>  SilverSneakers Rotating Instructors	8:30am <i>Live</i> LES MILLS BODYPUMP® Heather	8:30-9:15am <i>Live</i> Spin  Heather	8:30am <i>Live</i> LES MILLS BODYPUMP® Heather	8:30-9:15am <i>Virtual</i> LES MILLS BODYPUMP®
9:30am <i>Live</i>  SilverSneakers Marianne	10:00am <i>Live</i>  SilverSneakers Rebecca	10:00am <i>Live</i>  SilverSneakers Lorraine	10:00am <i>Live</i>  SilverSneakers Sheron	10:00am <i>Live</i> LEGENDS Shalace	
10:30am <i>Live</i>  SilverSneakers Marianne	12:15-12:45pm <i>Virtual</i> LES MILLS BODYPUMP®	11:15am <i>Live</i> LEGENDS Shalace	12:15-12:45pm <i>Virtual</i> LES MILLS BODYCOMBAT		
4:15-4:45pm <i>Virtual</i> LES MILLS sprint	4:15pm <i>Live</i>  Pilates Marney	4:15-4:45pm <i>Virtual</i> LES MILLS sprint	4:15-4:45pm <i>Virtual</i> LES MILLS sprint 61083	4:15-4:45pm <i>Virtual</i> LES MILLS sprint	
5:30pm <i>Live</i> LES MILLS BODYPUMP® Heather	5:30pm <i>Live</i>  Cardio Sculpt Deanna or Marianne	5:30pm <i>Live</i>  Pilates Marney	5:30pm <i>Live</i>  YOGA Heather		
6:30pm <i>Live</i>  ZUMBA Christy	6:30pm <i>Live</i>  ZUMBA Luis/Lydia	6:30pm <i>Live</i>  ZUMBA Luis/Lydia	6:30pm <i>Live</i>  ZUMBA Christy	6:45-7:45pm <i>Virtual</i> LES MILLS BODYPUMP®	

CHILD CARE is now available Mon-Fri 8am-11am.

GYM HOURS: Monday – Thursday: 5am – 9pm / Friday: 5am – 8pm / Saturday: 8am – 6pm / Sunday: 12pm – 6pm
24 hour access available. Ask an associate for more information.

FITNESS ZONE CLASS SCHEDULE

803-438-3811 / www.fitnesszonelugoff.com / FB: The Fitness Zone IG: fitnesszonelugoff

Class Descriptions

Pilates: A one hour class designed to improve flexibility, build strength and develop control and endurance in the whole body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Yoga: A 45 minute Hatha style yoga class. It is intended to improve muscle strength, endurance and flexibility, as well as improve balance. You'll feel refreshed at the end of this class, but don't mistake that for lack of work! Everyone from beginners to advance will feel challenged, and are welcome!

Les Mills' BodyPump: The original weights class that builds strength, tones your body and pushes you to the limit every time. A 60 minute workout challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for – and fast! This class usually fills up quick, so you may want to get here early for this one to reserve you a spot. It's a member favorite!

Zumba: A one hour dance fitness program which involves dance and aerobic elements. The choreography incorporates hip-hop, soca, samba, meringue and mambo! This class is not only a great aerobic workout but it's A LOT fun! Grab some friends and head out to Zumba night!

Silver Sneakers: 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 seated or standing support.

Legends: Low impact but not low on intensity, this class is designed for those that may have some mobility issues but are getting up and getting fit! All fitness levels are welcome.

Step Aerobics: A one hour aerobic class that utilizes a step and risers and choreography to music for a 30-40 minute aerobic workout. After the cardio portion, you'll do abs and stretching to round out your workout. Ready to have a great cardio workout, but you dread a treadmill? This class is for you!

Les Mills' Core: Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Les Mills' BodyCombat: Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

Les Mills SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

Ideal for anyone and everyone, **BODYFLOW®** is a **new generation yoga class** that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

All classes are designed to be attended by people of all fitness levels, from beginners to advanced. If you are a beginner in a class for the first time, please let the instructor know. There will be modifications shown for **all fitness levels** to be comfortable in **all classes**! The goal is for our members to improve their fitness in an

environment that promotes healthy competition, but in a non-judgmental atmosphere where *everyone feels welcome*. Come give us a try!