COPPELL GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00am BODYPUMP Kathryn	6:15-7:00am Cycle Diane	6:00-7:00am BODYPUMP Kathryn	6:15-7:00am Cycle Diane	6:15-7:00am Power Yoga Paula	8-8:45am Aqua Fitness Noelle
7:15-7:45am Core Kathryn	7:15-8:00am Pilates Fusion Svetlana	6:15-7:00am Cycle Diane	7:15-8 am Pilates Fusion Kathryn	8:15-9:15am Interval Training Laura	8-9 am Cycle Robin
8:15-9 am Strength Diane	8:15-9 am Cycle Diane	7:15-7:45am Core Kathryn	8:15-9 am Cycle Diane	9-9:45am Aquatics Svetlana	8:15-9:15 am BODYPUMP Vanisa
9-10 am Aquatics Marti	8:15-9:15am Interval Training Laura	8:15-9 am Strength Diane	8:15-9 am Strength Svetlana	9:15-10:15 am Cycle Robin	9:15-10:15 am BODYCOMBAT Vanisa
9:15-10 am Cycle Diane	9-9:45am Aquatics Svetlana	9-10 am Aquatics Marti	9-9:45am Aquatics Svetlana	9:30-10:30am Pilates April	10:30-11:30am Zumba Rose
9:30-10:30am Interval Training April	9:30-10:30 am Yoga Gaby	9:15-10 am Cycle Diane	9:30-10:30 am Yoga Gaby	9:45-10:30am Aquatics Svetlana	11:45-12:45 pm Yoga Flow Paula
10:30-11:30 am Yoga Flow Paula	9:45-10:30am Aquatics Svetlana	9:30-10:30am Interval Training April	9:45-10:30am Aquatics Svetlana	10:30-11:30 am Yoga Krunali	**SUNDAY**
1-1:45pm Chair Yoga Paula	1-1:45pm AOA Low Impact Lynn	10:30-11:30 am Yoga Flow Paula	1-1:45pm AOA Low Impact Lynn	1-1:45pm AOA Strength Q	1:15-2:15 pm Zumba Sha
5:15-6:15 pm BODYPUMP Moumita	5:30-6:30 pm BODYPUMP Vanisa	1-1:45pm Chair Yoga Paula	5:30-6:30 pm BODYPUMP Amy	4:15-5:15 pm Dance Fitness Arti	2-2:45 pm Aquatics Noelle
6:30-7:30pm Cycle WARRIOR Ashleigh	6:30-7:30pm Zumba Denise	5:15-6:15 pm Pilates Vanisa	6:30-7:30pm Zumba Rose	5:15-6:15 pm BODYPUMP Moumita	2:15-3:15 pm Gentle Yoga Paula
6:30-7:30pm Zumba Rose		6:30-7:30pm BollyX Neha			3:15-4:15 pm BollyX Neha

Classes are 55 minutes in length unless otherwise indicated. Mats are not provided.

CLASS DESCRIPTIONS (Modifications offered for all formats)

Aquatics

Aqua Fit - A low-impact workout for all fitness levels in the shallow end using water and/or water buoys as resistance. Improve cardiovascular fitness, strength, endurance and balance. Water shoes recommended.

AOA – Active Older Adults

Low Impact Strength & Strength - A low-impact cardio and strength class. Utilize a chair for balance or not. All levels and ages welcome

Chair Yoga - Gentle yoga using a chair for support, improve mobility and reduce joint strain.

Cardio & Endurance

BODYCOMBAT (Les Mills™) - A non-contact, martial arts-inspired workout. Sweat your way to endurance and strength.

HIIT (High-Intensity Interval Training) - Alternate short bursts of intense movement with recovery periods for max calorie burn in less time.

Cycle - Challenging indoor bike ride. Builds cardio endurance, speed, and strength. Low impact, high results.

Dance & Rhythm

Zumba - Dance your way fit with easy-to-follow moves set to Latin and international music. High energy, big fun!

BollyX - Bollywood-inspired dance fitness. Upbeat music and fun choreography for a full-body cardio burn.

Dance Fitness
A simple, fun dance cardio class for all fitness levels. Boost your heart rate and mood with energetic music.

Mind Body

Yoga – Release stress while building strength, flexibility and balance. Mindful movement and breathing. Flowing from pose to pose using breath.

Pilates - A mat-based workout set to calming music. A full-body plus core challenge.

Pilates Fusion - Low-impact class to increase strength throughout your entire body with a focus on your core.

Strength & Conditioning

BODYPUMP (Les Mills™) - Barbell-based strength training with light-to-moderate weights and high reps.

Strength - Traditional strength training using barbells, as well as body weight, to build and maintain lean muscle. All fitness levels.