

**Specialty fitness classes** are geared for older adults. Free for those with a Specialty Memberships.

**Express classes** offer all the challenge and intensity of a longer session in just 30 jam-packed minutes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5-6 AM</b>	5:30-6:30 AM CYCLE- LIFT- ROW Gym w/ Kristin	5:30-6:30 AM CIRCUIT TRAINING GX 2 w/ Diana	5:30-6:30 AM BARBELL/ BOOTCAMP GX 2 w/ Chad	5:30-6:30 AM CYCLE/ BOOTCAMP CYCLE w/ Chad	5:30-6:20 AM CARDIO SCULPT GX 2 w/ Diana	
<b>8-10 AM</b>	8:30-9:20 AM PUMP & SCULPT GX 2 w/ Ronna	8:30-9:20 AM BARRE FITNESS GX 2 w/ Kristin	9-10 AM VINYASA YOGA GX 1 w/ Erica H	8:30-9:15 AM BARBELL STRENGTH GX 2 w/ Ronna	8:30-9 AM CYCLE CYCLE w/ Kristin	
		8:30-9:30 AM YOGA GX 1 w/ Christine	9-9:50AM TRX KNOCK OUT GX 2 w/ Ronna	9-9:30 AM CYCLE CYCLE w/ Jenny	9-9:50 AM PILATES FUSION GX 1 w/ Theresa	8:15-9 AM CIRCUIT TRAINING GX 2 w/ Kristin
	9-9:50 AM AQUA INTERVALS POOL w/ Diane H.	9:00-9:50 AM SPIN AND SCULPT CYCLE w/ Jenny	9-9:50 AM AQUA ZUMBA POOL w/ Lisa T.		9-10 AM AQUA TONING POOL w/ Penny	9-10 AM CURRENT FITNESS POOL w/ Penny
	9-10 AM HATHA YOGA GX 1 w/ Erica H	9:30-10:15 AM FOREVER FIT – CARDIO GX 2 w/ Ronna	9:30-10 AM CYCLE CYCLE w/ Kristin	9:30-10:15 AM FOREVER FIT – STRENGTH GX 2 w/ Kim C.	9-9:45 AM BOOTCAMP GX 2 w/ Kristin	9-10 AM YOGA GX 1 w/ Janet
	9:30-10:20 AM BARBELL STRENGTH GX 2 w/ Brandon	9:30-10:15 AM FOREVER FIT – CARDIO GX 2 w/ Ronna		9:45-10:15 AM CORE & MORE GX 1 w/ Jenny		9-9:50 AM CYCLE CYCLE w/ Chad
<b>10-12 PM</b>	10:15-11 AM CHAIR YOGA GX 1 w/ Erica H	10-10:45 AM LIFT - ROW GX 1 w/ Kristin	10-10:30 AM BOOTCAMP GX 2 w/ Kristin	10:30-11 AM STRETCH AND ROLL GX 1 w/ Abby	10-10:45 AM BARRE FITNESS GX 2 w/ Kristin	9:15-10 AM BARBELL STRENGTH GX 2 w/ Bobby
	10:45-11:45 AM GENTLE YOGA GX 2 w/ Christine	10:30-11:15 AM FOREVER FIT – CARDIO GX 2 w/ Ronna	10:15-11 AM CHAIR YOGA GX 1 w/ Erica H	10:30-11:15 AM FOREVER FIT – STRENGTH GX 2 w/ Kim C.	10:30-11:30 AM GENTLE YOGA GX 1 w/ Erica H.	
	11:15-12 PM CHAIR YOGA GX 1 w/ Erica H		11:15-12 PM CHAIR YOGA GX 1 w/ Erica H	11:15-12 PM SILVERSNEAKERS CLASSIC GX 1 w/ Sandee		
		12-12:30 PM CIRCUIT TRAINING GX 2 w/ Ronna		12-12:30 PM LIFT - ROW GX 2 w/ Ronna		
<b>4-7 PM</b>	4:30-5:15 PM 45 STRONG- Upper GX 2 w/ Willow	4:30-5:15 PM 45 STRONG- Lower GX 2 w/ Diana	4:30-5:15 PM 45 STRONG- Upper GX 2 w/ Brandon	4:30-5:15 PM 45 STRONG- Lower GX 2 w/ Josh		
	5:30-6:15 PM BOOTCAMP GX 1 w/ Diane H.	5:00-5:45 PM BARRE FITNESS GX 1 w/ Libby	5:30-6:15 PM CIRCUIT TRAINING GX 2 w/ Diane H.	5:30-6:35 PM SPIN AND SCULPT CYCLE / GX2 w/ Sarah		
	5:45-6:30 PM PILATES FUSION GX 2 w/ Theresa	5:45-6:35 PM CARDIO SCULPT GX 2 w/ Julia	5:30-6:30 PM ZUMBA® GX 1 w/ Libby	6-7 PM YOGA FUSION GX 1 w/ Kim H.		
	6:30-7:20 PM ZUMBA® GX 1 w/ Libby	6-7 PM YOGA GX 1 w/ Christine				

**NOTE:** Schedule is subject to change based on instructor availability and class demand.  
See most current class schedule at [LENEXA.COM/GROUPX](https://lenexa.com/groupx).

## **CLASS DESCRIPTIONS**

### **CARDIO/STRENGTH**

**BARBELL STRENGTH:** Plate-loaded barbells enhance muscular endurance and strength using basic weight-lifting techniques.

**BOOT CAMP:** Challenges the cardiovascular, pulmonary, and musculoskeletal systems using a variety of fitness equipment and body weight exercises.

**CARDIO SCULPT:** A total-body conditioning workout challenging each muscle group by increasing muscular strength and endurance using a variety of equipment and bodyweight.

**CIRCUIT TRAINING:** Allows you to fit a huge variety of movements into your workout — meaning a full-body challenge, and none of the boredom that can come with repetitive exercises.

**CORE & MORE:** Focuses on abs, glutes, and core muscles using various movement patterns and equipment.

**FOREVER FIT:** Designed to help active seniors increase cardiovascular endurance, strength and improve balance with weights, dancing, and range of motion.

**LIFT- ROW:** This full body workout challenges your strength and endurance with the use of various strength training equipment and the rowing machines.

**PILATES FUSION:** Combines mat Pilates basics, and yoga allowing you to feel the burn and gain strength in a low impact format

**PUMP & SCULPT:** Push your body's strength and cardiovascular endurance with various body weight and weighted exercises to get your muscles and heart rate pumping.

**TRX® KNOCK OUT:** Overhead straps leverage body weight against gravity to develop strength, balance, flexibility, and core stability. In addition to strength training and cardio boxing blasts.

**SILVERS 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. A chair is used for seated or standing support.

**ZUMBA®:** A cardio dance class that feels more like a party than an exercise class.

**45 STRONG:** The ultimate 4 day per week fitness class designed to give you balance between strength training and recovery. This 45-minute class alternates daily between upper and lower body focuses daily. Each week will explore different training techniques such as pyramid sets, drop sets, functional mobility work, and other various techniques. Perfect for all levels!!

### **AQUA**

**AQUA TONING:** This aqua fitness class combines cardio, strength and flexibility exercises designed to improve balance, boost endurance and enhance overall wellness all done in the heated wellness pool.

**AQUA TONING:** Resistance exercises performed in the shallow areas of the pool enhance overall muscular strength and endurance.

**AQUA ZUMBA:** Classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

**CURRENT FITNESS:** Using the resistance and assistance of the current in the lazy river exercises using aqua equipment and/or floatation devices work to enhance cardiorespiratory fitness, strength, stability, and balance.

### **CYCLE**

**CYCLE:** Energizing music motivates participants on indoor stationary exercise bicycles through various challenges and personal competitions.

**CYCLE- LIFT- ROW:** Enjoy a rotation of cycle/ rowing and lifting to keep your heart rate pumping.

**SPIN AND SCULPT:** Pick your bike, weights, and get ready for a full body workout that will challenge your cardi, strength, and endurance using various strength training equipment and bodyweight.

### **MIND + BODY**

**BARRE FITNESS:** Inspired by dance, Pilates, yoga and more, this class develops total body strength, flexibility, balance, and posture.

**CHAIR YOGA:** A gentle yoga class that uses a chair for seated and standing support.

**GENTLE YOGA:** A gentle introduction to yoga with flowing progressions of beginner yoga poses, postures and stretches.

**HATHA YOGA:** Deepen your understanding of the postures & basic alignment in the body, breathing, and relaxation techniques.

**RESTORATIVE YOGA:** Relax and reinvigorate with gentle poses held for prolonged periods of time using props and breathing techniques.

**STRETCH & ROLL:** Explore the importance of optimizing your body's range of motion, flexibility, balance, and strength by using multiple methods, including yoga, foam rollers, and stability balls.

**VINYASA YOGA:** Continuous, flowing progressions of dynamic yoga poses and postures.

**YOGA:** Each class will focus on the progression of beginner yoga poses, postures, and stretches. Each instructor creates their own class rhythm and lets your body be your guide. Classes typically include standing poses, twists, balancing poses, and restorative poses.

**YOGA FUSION:** This diverse class will explore different styles and yoga practices. The goal of this class is to explore different techniques to challenge your mind and body.

Updated 3/31/2025

**No advance registration is required to attend Group X classes, classes will be first come first serve until max capacity of 25 has been met.**