

COURTS PLUS GROUP EXERCISE SCHEDULE | JANUARY 5 - MARCH 29

MONDAY

5:30-6:30 AM
CSI | Megan
Group Ex Studio

8:00-9:00 AM
HIIT Pilates | Patty
Group Ex Studio

9:00-10:00 AM
TRX | Haley
Fitness Studio

9:00-9:30 AM
Stretch | Kathy
Multi-Purpose
Room

9:45-10:45 AM
Yoga | Jennifer
Multi-Purpose
Room

10:00-10:45 AM
Forever Fit | Tamara
Group Ex Studio

12:00-1:00 PM
BodyPump |
Neda/Heather
Group Ex Studio

5:30-6:30 AM
BodyPump |
Kile/Heather
Group Ex Studio

6:45-7:45 AM
Yoga | Lauralee
Group Ex Studio

TUESDAY

6:00-7:00 AM
TRX | Tamara
Fitness Studio

7:45-8:30 AM
Mat Pilates | Eileen
Group Ex Studio

8:40-9:40 AM
BodyPump | Jennifer
Group Exercise
Studio

10:30-11:30 AM
Chair Yoga | Patty
Multi-Purpose
Room

11:45-12:30 PM
Zumba Gold | Lucy
Multi-Purpose
Room

5:15-6:10 PM
Body Combat | Larry
Group Ex Studio

6:15-7:15 PM
Body Pump |
Larry/Kile
Group Ex Studio

WEDNESDAY

6:00-7:00 AM
HIIT | Tamara
Group Ex Studio

7:45-8:30 AM
ZEN | Patty
Group Ex Studio

8:35-9:05 AM
Stretch | Patty
Multi-Purpose Room

8:35-9:20 AM
Yoga Sculpt | Teresa
Group Ex Studio

9:30-10:15 AM
RPM | Neda
Multi-Purpose Room

9:30-10:15 AM
Restorative Yoga | Teresa
Group Ex Studio

10:30-11:30 AM
Forever Fit | Nancy
Group Ex Studio

10:30-11:30 AM
Chair Yoga | Jim
Multi-Purpose Room

12:00-1:00 PM
BodyPump | Jennifer
Group Ex Studio

5:00-5:30 PM
HIIT | Kile
Group Ex Studio

5:35-6:20 PM
BodyPump | Kile
Group Ex Studio

6:30-7:15 PM
Zumba | Lucy
Group Ex Studio

THURSDAY

5:25-6:25 AM
Strength Training |
Megan
Group Ex Studio

6:30-7:15 AM
BodyCombat | Kile
Group Ex Studio

8:40-9:40 AM
BodyPump | Neda
Group Ex Studio

9:45-10:45 AM
Yoga | Jim
Fitness Studio

10:30-11:30 AM
Chair Yoga | Eileen
Multi-Purpose
Room

11:45 AM-12:30 PM
Zumba Gold | Lucy
Multi-Purpose
Room

5:30-6:30 PM
Zumba | Lucy
Group Ex Studio

5:30-6:30 PM
Strength Training |
Tamara
Fitness Studio

6:45-7:45 PM
Yoga | Jim
Group Ex Studio

FRIDAY

6:30 AM-7:15 AM
CSI | Anne
Group Ex Studio

8:00-8:30 AM
Stretch | Tina
Multi-Purpose
Room

8:40-9:30 AM
BARRE | Sam
Group Ex Studio

8:40-9:25 AM
RPM | Neda
Multi-Purpose
Room

9:35-10:35 AM
CSI | Haley
Group Ex Studio

9:35-10:35 AM
Yoga | Jennifer
Multi-Purpose
Room

10:45-11:45 AM
Forever Fit | Nancy
Group Ex Studio

12:00-1:00 PM
Restorative Yoga |
Deepa
Fitness Studio

5:00-6:00 PM
BodyCombat | Tony
Group Ex Studio

SATURDAY

6:30-7:30 AM
Step Challenge
Megan
Group Ex Studio

8:15-9:00 AM
RPM | Larry
Multi-Purpose
Room

8:15-9:15 AM
BodyPump | Kile
Group Ex Studio

9:20-9:50 AM
HIIT | Kile
Group Ex Studio

SUNDAY

8:00-9:00 AM
BodyCombat | Tony
Group Ex Studio

9:00-10:00 AM
TRX | Tamara
Fitness Studio

9:00-10:00 AM
Yoga | Jim/Larry
Multi-Purpose
Room

Visit courtsplus.com/group-exercise
for class descriptions

Schedule subject to change. Please
check the Courts Plus app or the
front desk for updates.

No outdoor shoes in studios.

COURTS PLUS REGULAR HOURS (SEPT 1-MAY 31)

Monday-Friday
5am - 10pm

Saturday
6am - 7pm

Sunday
6:30am - 7pm

BARRE: Inspired by Pilates, strength training and Yoga, you will use light weights, gliding discs, bender balls and more while focusing on isometric holds to contract muscles. Small range movements combined with high reps will target your muscles and core like never before!

BODYCOMBAT™: is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

BODYPUMP™: is the original barbell class that strengthens your entire body. BodyPump challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weight will inspire you to get the results you came for and fast!

Chair Yoga: Get the benefits of yoga without being on the floor! Modified postures include seated and standing positions using the chair for support.

CSI – Cardio Strength Interval: Alternating cardio and strength training gives you the best of both! This class will utilize a variety of equipment.

Cycle: Our cycling classes are a low impact way to drive cardiovascular fitness and better muscular endurance. All skill levels benefit from cycling: first timers, intermediate level participants, street riders and experienced racers. Come join a fun and effective workout which impacts all your daily activities. We will fit you to a bike to maximize your ride.

Forever Fit: This low impact class is designed for beginners or those who are coming back to fitness. With some light weights and light cardio no class is ever the same!

HIIT: This calorie scorching workout mixes short bursts of high intensity work with short recoveries between. This class will take your fitness to the next level and leave you feeling stronger.

Mat Pilates: Pilates is a form of low-impact exercise that aims to strengthen abdominal muscles while improving postural alignment and flexibility.

RPM: An indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Step Challenge: Burn tons of calories in this energetic, high paced step challenge class.

Strength Training: Using a variety of equipment and training methods, you will increase your strength and work on building lean muscle!

Stretch: A class of flexibility exercises for the entire body. All fitness levels are welcome.

TRX: This non-stop circuit is designed with functional movement patterns and high intensity efforts. This class will work your entire body. TRX workouts can be scaled to accommodate almost any level!

Yoga: A relaxing and non-impact class that will leave you feeling exhilarated. The regular practice of Yoga can restore and enhance strength, flexibility and balance to your mind and body.

Zen: A fusion style flexibility workout combining Pilates, Yoga and Strength in a flowing sequence.

Zumba: This class incorporates Latin and international rhythms along with dance steps like salsa, cumbia, merengue and reggaeton in a class that is fun and easy to do.

Zumba Gold: For the active older adult or individuals new to exercise. Motivating music, unique moves and combinations, fun and easy to do!