

# 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

**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

## 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

**5:30-6:30 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](http://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!