

COURTS PLUS GROUP EXERCISE SCHEDULE JUNE 22-SEPTEMBER 6

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:30 am CSI Megan Group Ex Studio	6-7 am TRX Tamara Fitness Studio	6-7 am HIIT Tamara Group Ex Studio	5:25-6:25 am Strength Training Megan Group Ex Studio	6:30-7:15 am CSI Tina Group Ex Studio	7:05-8:05 am Step Challenge Megan Group Ex Studio	8-9 am BodyCombat Tony Group Ex Studio
8-9 am HIIT Pilates Patty Group Ex Studio	7:45-8:30 am Mat Pilates Eileen Group Ex Studio	7:45-8:30 am ZEN Patty Group Ex Studio	6:30-7:15 am BodyCombat Kile Group Ex Studio	8:40-9:30 am BARRE Sam Group Ex Studio	8:15-9 am RPM Larry Multi-Purpose Room	9-10 am TRX Tamara Fitness Studio
9-10 am TRX Haley Fitness Studio	8:40-9:40 am BodyPump Jennifer Group Ex Studio	8:35-9:05 am Stretch Patty Multi-Purpose Room	8:40-9:40 am BodyPump Neda Group Ex Studio	8-8:30 am Stretch Tina Multi-Purpose Room	8:15-9:15 am BodyPump Kile Group Ex Studio	9-10 am Yoga Jim/Larry Multi-Purpose Room
9:05-9:35 am Stretch Patty Multi-Purpose Room	10:30-11:30 am Chair Yoga Patty Multi-Purpose Room	8:35-9:20 am Yoga Sculpt Teresa Group Ex Studio	9:45-10:45 am Yoga Jim Fitness Studio	8:40-9:25 am RPM Neda Multi-Purpose Room	9:20-9:50 am HIIT Kile Group Ex Studio	9:15-10 am BARRE Laura Group Ex Studio
9:45-10:45 am Yoga Jennifer Multi-Purpose Room	11:45 am-12:30 pm Zumba Gold Lucy Multi-Purpose Room	9:30-10:15 am RPM Neda Multi-Purpose Room	10:30-11:30 am Chair Yoga Eileen Multi-Purpose Room	9:35-10:35 am CSI Haley Group Ex Studio	10-11 am BodyPump Cari Group Ex Studio	
10-10:45 am Forever Fit Tamara Group Ex Studio	5:15-6:10 pm BodyCombat Larry Group Ex Studio	9:30-10:15 am Restorative Yoga Teresa Group Ex Studio	11:45 am-12:30 pm Zumba Gold Lucy Multi-Purpose Room	9:35-10:35 am YogaJennifer Multi-Purpose Room	11:15 am-12 pm Zumba Cari Group Ex Studio	
12-1 pm BodyPump Neda/Heather Group Ex Studio	6:15-7 pm BARRE Laura Fitness Studio	10:30-11:15 am Forever Fit Sandy Group Ex Studio	5:30-6:30 pm Zumba Lucy Group Ex Studio	12-1 pm Restorative Yoga Deepa Fitness Studio		
5:30-6:30 pm BodyPump Kile Group Ex Studio	6:15-7:15 pm BodyPump Larry/Sandy Group Ex Studio	10:30-11:30 am Chair Yoga Jim Multi-Purpose Room	5:30-6:30 pm Strength Training Tamara Fitness Studio	5-6 pm BodyCombat Tony Group Ex Studio		
6:45-7:45 pm Yoga Lauralee Group Ex Studio		12-1 pm BodyPump Jennifer Group Ex Studio	6:45-7:45 pm Yoga Jim Group Ex Studio			
		5-5:30 pm HIIT Kile Group Ex Studio	Visit courtsplus.com/group-exercise for class descriptions			
		5:35-6:20 pm BodyPump Kile Group Ex Studio				
		6:30-7:30 pm Zumba Lucy Group Ex Studio			Schedule subject to change. Please check the Courts Plus app or the front desk for updates.	
				No outdoor shoes in studios.		

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!

Visit courtsplus.com/group-exercise for class descriptions

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COURTS PLUS REGULAR HOURS (SEPT 1-MAY 31)

Monday-Friday	Saturday	Sunday
5am - 10pm	6am - 7pm	6:30am - 7pm