OCTOBER 2026

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:00 AM BODYPUMP 45 - MPS ANTIONETTE	5:15 - 6:00 AM CARDIO CORE CIRCUIT - GX ANTIONETTE	5:15 - 6:00 AM AM RUSH - MPS JORDAN	5:15 - 6:00 AM STRENGTH & CORE - MPS JORDAN	5:15 - 6:00 AM *NEW!* BODYPUMP HEAVY - MPS ANTIONETTE	8:00 - 8:55 AM AQUA BOOTCAMP - FP MARY	
6:00 - 6:45 AM CYCLE 45 - CS GEORGIA	6:00 - 6:30 AM CYCLE 30 HIIT - CS DONALD	6:00 - 6:45 AM CYCLE 45 - CS JESSICA	6:00 - 6:30 AM *NEW!* CYCLE 30 HIIT - CS DONALD	6:00 - 6:45 AM MAT PILATES - MPS ANTIONETTE	8:00 - 8:55AM YOGA SCULPT - GX BRITNEY	
7:00 - 7:45 AM ZUMBA - GX CORINE	6:30 - 7:15 AM AM YOGA - GX MARCELLA		7:30 - 8:15 AM POWER PILATES - GX ANTIONETTE	6:00 - 6:45 AM CYCLE 45 - CS JESSICA	8:00 - 8:55 AM CYCLE 55 - CS DONALD	8:30 - 9:15 AM TKO - GX JULIE
8:00 - 8:45 AM ACTIVE - GX MARIA	7:00 - 7:50 AM VIRTUAL RPM - CS	8:00 - 8:45 AM ACTIVE - GX MARIA	8:30 - 9:10 AM THE TRIP - CS AMY	7:50 - 8:35 AM ACTIVE - MPS JILL	8:00 - 8:55 AM BODYPUMP HEAVY - MPS CHERRY | *10/3 ONLY*	9:00 - 9:55 AM CYCLE 55 - CS CHERRY
8:30 - 9:15 AM BODYSHOP - MPS MICHELLE B	7:30 - 8:15 AM POWER PILATES - GX DARIA	8:30 - 9:15 AM MAT PILATES - MPS CECILIA	8:30 - 9:25 AM TKO - GX JULIE	8:30 - 9:25 AM CARDIO SPLASH CIRCUIT JESSICA - FP	8:00 - 9:00 AM BODYPUMP - MPS CHERRY | *BEGINS 10/10*	9:30 - 10:25 AM U JAM - GX TAIPAI
8:30 - 9:25 AM S'WET - FP JILL	8:30 - 9:30 AM BODYPUMP - MPS JENSS	8:30 - 9:25 AM CARDIO SPLASH - FP JOY	9:30 - 10:20 AM VIRTUAL RPM - CS	8:45 - 9:45 AM MAT PILATES - MPS BRITNEY	9:00 - 9:45 AM BOLLY-X - GX FARIA | *10/16 BOLLY X - GARBA*	9:30 - 10:15 AM MAT PILATES - MPS ANTIONETTE
9:00 - 9:45 AM CYCLE 45 - CS DONALD	8:30 - 9:25 AM U-JAM - GX TAIPAI	9:00 - 10:00 AM *NEW!* RHYTHM CYCLE 55 - CS AMY	9:30 - 10:15 AM BARRE - GX BRITNEY	9:00 - 9:45 AM BODYCOMBAT - GX MICHELLE B	9:15 - 10:00 AM CYCLE 45 - CS JOJO	10:30 - 11:15 AM BODYSHOP - MPS CHERRY
9:00 - 9:45 AM ZUMBA - GX ROWENA	9:00 - 9:45 AM CYCLE 45 - CS RICK	9:00 - 9:55 AM ZUMBA - GX ELENA	9:30 AM - 10:15 AM MATRIX - MPS JULIE	9:00 - 9:45 AM CYCLE 45 - CS CHERRY	9:30 - 10:30 AM VINYASA YOGA - MPS MARCELLA	11:30 - 12:30 PM YOGA - GX GENEVIEVE
9:00 - 10:00 AM CARDIO TENNIS - COURT 8 ROSS	9:30 - 10:15 AM BARRE - GX BRITNEY	10:00 - 10:45 AM BOSU BODYSHOP - MPS ALYSE	9:30 -10:25 AM POWER WAVES - FP JOY	10:00 - 10:45 AM BODYSHOP - MPS MICHELLE B	10:00 - 10:45 AM PILATES FLOW - GX BRITNEY	2:30 - 3:20 PM VIRTUAL RPM - CS
9:30 - 10:25 AM MAT PILATES - MPS BONNIE	9:30 - 10:25 AM S'WET - FP DARE	10:00 - 10:55 AM VINYASA FLOW - GX SARAH L	10:30 - 11:15 AM STRETCH 45 - MPS JILL	10:00 - 10:55 AM AQUA FIT - FP LINDA	10:00 - 10:55 AM AQUA FIT - FP LINDA	3:00 - 3:50 PM BARRE - GX JEN
10:00 -10:55 AM AQUA FIT - FP LINDA	10:00 - 10:45 AM MATRIX - MPS ALYSE	10:00 - 10:55 AM AQUA FIT - FP LINDA	11:00 -11:55 AM AQUA BALANCE & STRENGTH - FP JOY	11:00 - 11:50 AM VIRTUAL TRIP - CS	10:45 - 11:30 AM QI GONG (Breathwork) - MPS MARY | *NO CLASS 10/3*	4:00 - 4:55 PM ZUMBA - GX JEN | NO CLASS 9/6
10:00 - 10:45 AM BODYCOMBAT - GX JENSS	10:30 - 11:15 AM BONE BUILDING - GX BRITNEY	11:00 - 11:45 AM TAIJI FIT - MPS NURYS	11:00 - 11:45 AM INTERMEDIATE TAI CHI - GX MIN	11:00 AM - 12:00 PM YOGA - GX GENEVIEVE	11:00 AM - 12:00 PM RESTORATIVE YOGA - GX BRITNEY	4:30 - 5:20 PM VIRTUAL RPM - CS
11:00 AM - 12:00 PM HATHA YOGA - MPS SARAH L	11:30 AM - 12:20 PM YOGA SCULPT - GX BRITNEY	11:15 AM - 12:15 PM HATHA YOGA - GX SARAH L	12:00 - 12:30 PM (30 minutes) VIRTUAL SPRINT - CS	11:00 - 11:45 AM BEGINNING TAI CHI - MPS MIN | *NO CLASS 10/9*	4:30 - 5:20 PM VIRTUAL RPM - CS	
12:00 - 12:50 PM VIRTUAL RPM - CS	12:00 - 12:30 PM (30 minutes) VIRTUAL SPRINT - CS	12:00 - 12:50 PM VIRTUAL RPM - CS	12:30 - 1:15 PM *NEW!* CHAIR YOGA - GX ASHLEY	12:00 - 12:50 PM (30 minutes) VIRTUAL RPM - CS		
12:15 - 1:15 PM BODYPUMP HEAVY - MPS MICHELLE	12:30 - 1:30 PM *NEW!* GENTLE YOGA - GX LISA	12:00 - 12:45 PM BODYPUMP - MPS SANDI	1:30 - 2:30 PM GENTLE YOGA - GX ASHLEY	12:00 - 1:00 PM BODYPUMP - MPS JENSS		
1:00 -2:00 PM CHAIR YOGA - GX PAGE	1:45 - 2:45 PM CHAIR PILATES - GX CECILIA	12:45 - 1:45 PM CHAIR STRENGTH - GX ASHLEY	4:00 - 4:50 PM VIRTUAL RPM - CS	12:45- 1:45 PM CHAIR STRENGTH - GX ASHLEY		
	4:00 - 4:50 PM VIRTUAL RPM - CS	5:00 - 5:45 PM PM RUSH - MPS JORDAN	4:30 - 5:25 PM MAT PILATES - MPS BONNIE			
5:00-5:45 PM POUND - MPS TONEE (ANTONETTE)	4:30 - 5:25 PM MAT PILATES - MPS BONNIE	5:00 - 5:45 PM ZUMBA - GX JEN	5:30 - 6:15 PM BARRE - GX JEN	5:00 - 5:55 PM *NEW!* S'WET - FP DARE		
6:00 - 6:45 PM ZUMBA - GX ROWENA		6:00 - 6:45 PM POP PILATES - GX TONEE (ANTONETTE)	6:00 - 6:45 PM *NEW!* STEP IT UP - MPS ALLEN | 10/8, 10/22 & 10/29 ONLY	5:30 - 6:15 PM BODYSHOP - MPS CHERRY/GEORGE		
6:00 - 6:45 PM BODYSHOP - MPS CECILIA	6:00 - 6:45 PM *NEW!* STEP & STRENGTH - MPS ALLEN	6:00 - 7:00 PM BODYPUMP HEAVY - MPS MICHELLE B | *10/7 ONLY*	6:30 - 7:15 PM ZUMBA - GX CORINE	6:00 - 6:50 PM VIRTUAL TRIP - CS		
6:00 - 6:55 PM CYCLE 55 - CS GEORGE	6:00 - 6:45 PM BODYCOMBAT - GX JENNY	6:00 - 7:00 PM BODYPUMP - MPS MICHELLE B | *BEGINS 10/14*	6:30 - 7:30 PM CYCLE 55 - CS RICK			
	6:30 - 7:25 PM CYCLE 55 - CS AMY	6:00 - 7:00 PM CYCLE 55 - CS RICK / GEORGIA	6:00 - 6:55 PM POWER WAVES - FP JOY			
7:00 - 8:00 PM RESTORATIVE YOGA - GX MARCELLA/STEFANIE	7:00 - 8:00 PM VINYASA YOGA - GX ELIZABETH	7:00 - 8:00 PM GENTLE/RESTORATIVE YOGA - GX LISA	7:00 - 8:00 PM VINYASA YOGA - MPS ELIZABETH			

CLASS LOCATIONS

CYCLE STUDIO – CS
MULTI PURPOSE STUDIO – MPS
GROUP EXERCISE STUDIO – GX
FAMILY POOL – FP

UPCOMING EVENTS

LES MILLS LAUCH WEEK BEGINS MONDAY OCTOBER 16
BODYCOMBAT, BODYPUMP, BODYPUMP HEAVY & THE TRIP
NEW MUSIC, NEW CHOREO, NEW CHALLENGES!

"PINK" WEEKEND WORKOUTS BEGINNING OCTOBER 15
CELEBRATING 21 YEARS OF LWAC!
PINK ATTIRE HIGHLY ENCOURAGED | DONATIONS WELCOME!

Reservations are required for all classes on TCC app

CHECK TCC APP FOR CURRENT CLASS SCHEDULE

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE: This class is the perfect mix of cardio, strength, balance, and core. If you are just starting an exercise program, getting back to it, or want a class that will continue to keep you fit for an active life, then this is for you.

AM RUSH: Fun, explosive, cutting-edge and contemporary workout that targets the full body. Each class will be different and vibrant! All are welcome to take on the challenge and leave the body feeling conditioned, accomplished, and pushed to the limit.

AQUA BOOTCAMP: A fast-paced, interval-style workout performed in a pool, combining elements of traditional boot camp training with the benefits of water resistance and low-impact exercise, designed to improve strength, stamina, and agility.

AQUAFIT: Water is the fitness equalizer. Using the resistive and buoyant properties of the water, this class will help to improve your muscular and cardiovascular endurance, core strength and range of motion. Perfect class for all levels.

AM YOGA: Ignite your day with a 45-minute Vinyasa Flow suitable for all levels! We'll start with a gentle warm-up, flow into a strengthening standing sequence, and finish with a grounding cool-down, leaving you energized and ready to go!

BARRE: A combination of dance, pilates and strength moves using small props and the ballet barre to get your heart pumping & a toned body!

BEGINNING TAI CHI: This class is for everyone regardless of prior experience. It introduces the basics of Tai Chi, strutting from a standing posture, breathing, and whole body coordination, building up strong and flexible body movements with a peaceful inner universe. It lays out a firm foundation to move on to the next level.

BODYCOMBAT ™: We strike, punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast!

BODYSHOP: Intervals of bodyweight, free weight, balance and core mixed with combinations of resistance training. Varying types of equipment used. This is a fun and effective class for all levels. New exercises each week to keep your body guessing.

BODYPUMP™ : This barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body.

BOLLY X™: Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 45-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

BONE BUILDING CLASS: Designed to benefit those with low bone density, safe for those with spinal stenosis or disc herniation, it is also a lot of FUN. Assessable to anyone who is mobile enought to get down and up from the ground.

BOSU BODYSHOP: Intervals of bodyweight, free weight, balance and core mixed with combinations of resistance training. We use the BOSU ball for an extra core/balance challenge with other varying types of equipment for a fun and effective class for all levels.

CARDIO CORE CIRCUIT: 45 minute high energy class that focuses combines cardio and dynamic core movements using all different types of equipment to create a fitness challenge that will move you forward on your path to fitness.

CARDIO SPLASH: Improve your cardiovascular fitness, endurance, and range of motion by performing simple choreographed moves. This class uses music and the resistance of the water to turn up the heat! Shallow and deepwater options. Floatation belts are used in the deep water.

CHAIR CARDIO: Get your heart pumping with this fun, low-impact dance-inspired cardio class that combines upbeat moves with the support of a chair. Perfect for all fitness levels, this class is a great way to boost your energy, improve coordination, balance, and move to the music, without the strain on your joints. Come ready to smile, sweat and groove.

CHAIR PILATES: A gentle yet effective class that brings the benefits of Pilates to a seated or supported position. Designed to improve strength, flexibility, and posture, this class is perfect for those looking for a low-impact workout that enhances mobility and core stability.

CHAIR STRENGTH: A low-impact class designed to build strength, stability, and, mobility using body weight and hand weights. The class incorporates both seated and standing exercises for a full-body workout-all while enjoying a supportive environment suitable for all fitness levels.

CHAIR YOGA - A gentle practice in which postures are performed while seated and/or with the aid of a chair. Just like a regular yoga practice, Chair yoga increases flexibility, strength, and body awareness. When standing poses are included in a Chair yoga class, the chair is used to help with and improve balance. Chair yoga also includes breathing techniques to promote focus, mental clarity, and relaxation.

CYCLE 30 HIIT: 30-minute High Intensity Interval Training on the bike. Improve your power, stamina, and speed in 30 minutes with quick bursts of intense work with short rounds of recovery. All levels welcome!

CYCLE 45: Focused high-energy, cardiovascular workout featuring heart zone training along with structured intervals simulating many types of terrains, to help improve aerobic capacity, leg strength, and muscular endurance with upbeat music to keep the energy flowing

CYCLE 55: This group ride will take you through various drills and terrain to give you an exciting, heart-pumping workout combined with uptempo high-energy music. It will help to build cardiovascular and muscular endurance and leg strength. Each class will be different as the instructors create a fun and energetic indoor cycling experience. All levels are welcome!

GENTLE YOGA: A sequence of simple postures and stretches performed at a slower pace to allow space for deep breathing and relaxation. A great addition to any fitness routine!

GENTLE/RESTORATIVE YOGA: A mix of gentle and traditional restorative poses. We'll use props such as bolsters, blankets, blocks, straps, and therapy balls to ease tension out of the body (and the mind). A meditative, soothing, and relaxing class suitable for all levels.

HATHA YOGA: Combing postures that coordinate with the breath, performed at a gentle pace allows time to be present in each pose. It also provides the opportunity to improve strength, flexibility, stability and ease to improve alignment and balance.

INTERMEDIATE TAI CHI: This Tai Chi class teaches standing meditation, Qigong, and basic Tai Chi movements to build muscle strength and balance, raise self-consciousness, and enhance the flow of energy.

MAT PILATES: Helps build muscular endurance, balance, body awareness, core strength, and flexibility for all fitness levels. Small props are used for standing and mat exercises. Participants should be able to get up and down off the floor independently

MATRIX: Total body strength and conditioning class using movement patterns to pre-fatigue certain muscles in order to target others. Challenging, fun and effective!

PILATES FLOW: Fun mat-based strength and flexibility workout choreographed to upbeat music. Challenges students to rhythmically flow from one exercise to the next, developing a strong core while leaving no muscle untouched. Great for all levels!

PM RUSH: Finish you day strong with a high-energy, full-body training experience that targets strength, endurance, cardio, and core. This dynamic class is designed to meet you where you are and push you forward, keeping your momentum strong and your goals in sight.

POP PILATES™: Where strength meets flexibility. Think highly focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

POUND™: Instead of listening to music, you become the music in this exhilarating full-body workout. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Drumsticks provided! All levels welcome!

POWER PILATES: Classical Pilates coupled with modern functional movements flow together in this mat class where we target a consistent, energizing heart rate. Get your body and blood pumping with Pilates, cardio, and more all in one seamless flow ending with a deep, relaxing stretch.

POWER WAVES: An intense aqua workout with interval training, plyometrics, power moves, and choreography to improve cardio fitness, muscular endurance, strength, and flexibility. No equipment- just you, the water, and great music! Floatation belts may be used in the deep water.

QI GONG (BREATH WORK): Start your day improving balance, posture, and alert relaxation as you learn the ancient Chinese breathwork of qi gong. Experience the harmony of mind and body with simple yet effective movements that cultivate internal energy through breathing techniques. All are welcome.

RESTORATIVE YOGA: Excellent pathway to quiet the mind and calm the body. Restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness through long passive holds in a series of restful poses. All levels are welcome and flexibility is not required!

RYTHM CYCLE 55: We turn off the tech and turn on the music for an indoor cycle class that synchronizes your pedal strokes and movements to the beat of the music. Creating an immersive, high-energy workout that feels more like a dance party than exercise.

STEP IT UP: Need an energy boost? Join us for an easy to follow high-energy old school step class. This workout will keep the stress off your joints while giving you all the benefits of a high- intensity workout!

STEP & STRENGTH: Get ready to elevate your fitness with this dynamic step and strength session! This workout features easy-to-follow step aerobics segments, seamlessly interspersed with weight intervals to maximize your calorie burn and muscle engagement. Whether you're a beginner or seasoned enthusiast, this workout is designed to push your limits and leave you feeling energized and accomplished.

STRENGTH AND CORE: 45-minute high-energy class that focuses on strength, core and community. The goal is to challenge you where you are at and keep you moving forward on your path to fitness using dynamic movment and free weights.

STRETCH: This class incorporates different apparatus like foam rollers and therapy balls for muscle recovery along with gentle stretching. An important complement to your regular exercise routine to help you stay injury and pain-free.

S'WET™: Structured Water Exercise Training program designed to incorporate unique blocks of activity, each with a specific purpose, focused on H.I.I.T., strength and advanced cardio training, and a splash of fun that will challenge our entire body and make you S'WET!

S'WET SILVER™: Structured Water Exercise Training program designed for active older adults and aging athletes.. It focuses on Lower Intensity Interval Training (LIIT) and incorporates functional fitness, joint mobility, and exercises that support activities of daily living. This can be done in shallow or deep water.

TAIJI FIT: A mind-body workout that combines the best of traditional Tai Chi with modern Western fitness for any age or fitness level.

THE TRIP™: 40-minute class takes motivation and energy output to the next level, burning serious calories. Lose yourself in the experience and come out the other side mentally and physically invigorated.

TKO (TOTAL KNOCK OUT): A high energy workout combing a mix of martial arts and athletic conditioning. Heavy bag gloves are recommended, but not required.

U-JAM ™: Combining the energy and grittiness of urban dance with fitness, U-Jam brings the party to every class. Expect funky, adrenaline-based urban beats from around the world with easy-to-follow dance moves.

VINYASA FLOW: Invites practioners to experience their breath through a series of linked postures, each series building new skills and sensations into the practice. This style of yoga becomes a deliberate moving meditation that builds strength freedom and fluidity in the body and mind.

VINYASA YOGA: A series of postures, one flowing seamlessly into the next, uniting body, mind, and breath, designed as a moving meditation. This class creates the opportunity to become stronger, more flexible, and balanced while practicing being present in the moment.

VIRTUAL RPM: A virtual instructor takes you on a journey of hill climbs, sprints and flat ridding. You control the resistance levels and speed so you can build your fitness level over time.

VIRTUAL SPRINT: A 30-minute High-Intensity Interval Training (HIIT) workout with a virtual instructor, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. A high-intensity, low-impact workout, it's scientifically proven to return rapid results.

YOGA: No matter your fitness goals or Yoga is for every" body"! This class combines postures that coordinate with the breath and are performed at a gentle pace allowing time to be present and provide the opportunity to improve strength, flexibility, stability, alignment, and balance.

YOGA SCULPT: A unique combination of flow yoga and strength training designed to create a full-body workout. Tone your muscles while you relax your mind and regulate your nervous system. Combining traditional yoga poses and strength training with hand weights, this class will leave you feeling stronger, refreshed, and uplifted."

ZUMBA™: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.