FitRec

GROUP FITNESS SCHEDULE

FALL 2 2026

OCT 26 - DEC 13

MONDAY

5:40-6:10 am Studio A
Les Mills CORE™
Maggie

7:30 am Studio C
Muscle Work
Josh

8:30 am Deep Pool
Aqua Deep
Francisco

8:30-9 am Studio C
Core Fusion
Jana

9 am Studio C
Lengthen to Strengthen
Jana

9:30 am Shallow Pool
Aqua HIIT
Francisco

9:30 am Studio A
Cardio Fusion
Susan

10 am Studio C
Vinyasa Yoga
Erin S.

10:30 am Studio A
Pilates Mat
Susan

11 am Studio C
Chair Yoga
Beth

4:30-5 pm Studio C
Les Mills CORE™
Virtual

5:30 pm Studio A
Les Mills BODYPUMP™
Renee

5:30-6 pm Studio B
Les Mills RPM™
Virtual

6:30-7:15 pm Studio C
Les Mills PILATES™
Renata

7 pm Studio A
Flow & Restore Yoga
Vanessa

TUESDAY

5:40 am Studio A
Les Mills Strength Development™
Ann

6:30-7 am Studio C
Les Mills CORE™
Ewa

8:30-9 am Studio B
Les Mills SPRINT™
Ann

9 am Shallow Pool
Aqua Medley
Chris

9 am Studio A
Hatha Yoga
Beth

10 am Studio A
Muscle Work
Ellen

10 am Studio C
Les Mills SHAPES™
Viviana

10:30 am Studio B
Les Mills RPM™
Virtual

11 am Studio C
Chair Yoga
Karolina

12 pm Studio A
Les Mills Functional Strength™
Agnes S.

1:30 pm Studio A
Les Mills BODYPUMP™
Virtual

5 pm Studio A
Les Mills Strength Development™
Ewa

5:30 pm Studio C
Les Mills SHAPES™
Renee

6 pm Studio A
Vinyasa Yoga
Preksha

6:30 pm Shallow Pool
Aqua Medley
Trecia

6:30 pm Studio C
Zumba®
Mariah

7 pm Studio B
Les Mills THE TRIP™
Elizabeth

WEDNESDAY

5:40 am Studio B
Les Mills THE TRIP™
Alejandra

7:30 am Studio C
Muscle Work
Josh

8:30 am Shallow Pool
Aqua Medley
Ann

8:30 am Synrgy 360
Synrgy 360
Sara

9 am Studio A
Strengthen & Condition
Jana

9:30-10 am Shallow Pool
Aqua Tone
Leah

9:30 am Treadmills
Tread & Shred
Sara

10-10:30 am Studio A
Les Mills CORE™
Ewa

10 am Studio C
Vinyasa Yoga
Erin S.

11 am Studio A
Well Balanced
Ann

11 am Studio C
Lengthen to Strengthen
Josh

12 pm Studio C
Muscle Work
Josh

4:30 pm Studio C
Les Mills BODYATTACK™
Virtual

5:30 pm Studio A
Les Mills BODYPUMP™
Ewa

6:30 pm Deep Pool
Aqua Deep
Ewan

6:30-7:15 pm Studio B
Cyclone Cycle
Paula

7 pm Studio C
Hatha Yoga
Agnes F.

THURSDAY

5:40 am Studio A
Les Mills BODYPUMP HEAVY™
Ann

7 am Studio C
Pilates & Props
Ellen

8:30 am Studio B
Les Mills THE TRIP™
Alejandra

9 am Deep Pool
Aqua Deep
Ewan

9 am Studio A
Les Mills Strength Development™
Viviana

9 am Studio C
Restorative Yoga
Beth

10 am Studio A
Dance Fusion Gold
Laina

10 am Studio C
Lengthen to Strengthen
Jana

11 am Studio A
Sit & Fit
Viviana

12-12:45 pm Studio C
Les Mills PILATES™
Hope

1:30 pm Studio A
Les Mills BODYPUMP™
Virtual

5:30 pm Studio C
Zumba®
Sharon

6 pm Studio A
Hatha Yoga
Vanessa

6:30-7:15 pm Studio C
Les Mills PILATES™
Renata

6:30 pm Shallow Pool
Aqua Medley
Francisco

7 pm Studio A
Les Mills BODYPUMP™
Virtual

FRIDAY

5:40 am Studio A
Les Mills SHAPES™
Ewa

6:30-7 am Studio B
Les Mills SPRINT™
Ann

8:30 am Shallow Pool
Aqua Medley
Francisco

8:40 am Studio A
Les Mills BODYPUMP HEAVY™
Ann

9:30 am Studio C
Zumba Gold®
Alejandra

10 am Studio A
Vinyasa Yoga
Erin S.

11 am Studio C
Chair Yoga
Vanessa

5:10-5:40 pm Studio B
Les Mills SPRINT™
Virtual

5:30 pm Shallow Pool
Aqua Medley
Angela

6 pm Studio C
Vinyasa Yoga
Agnes F.

SCAN TO LEARN HOW TO REGISTER

SEE BACK FOR CLASS GUIDELINES

SATURDAY

7-7:45 am Studio C
Les Mills PILATES™
Renata

8 am Studio A
Les Mills BODYPUMP™
Ewa/Renee

8:30 am Shallow Pool
Aqua Medley
Liz

9 am Studio B
SPINPower®
Mary/Amy

9:10-9:40 am Studio A
Les Mills CORE™
Ewa

9:30 am Studio C
Zumba®
Mariah

10 am Studio A
STEP & Strength
Chris

10:30 am Studio C
Hatha Yoga
Karolina

11-11:30 am Studio A
Les Mills GRIT STRENGTH™
Virtual

12 pm Studio B
Les Mills THE TRIP™
Virtual

SUNDAY

8:10-8:40 am Studio B
Les Mills SPRINT™
Lily

9 am Studio A
Les Mills SHAPES™
Renee

10 am Studio A
WERQ
Shania

10 am Studio C
Hatha Vinyasa Yoga
Katie

10 am Shallow Pool
Aqua Medley
Trecia

11 am Studio A
Les Mills BODYPUMP™
Virtual

12-12:30 pm Studio C
Les Mills GRIT CARDIO™
Virtual

MODIFIED GROUP FITNESS SCHEDULE:

- **Modified class schedule on Oct. 31 due to Halloween 5K**
- **Modified class schedule from Nov. 23-29 for Thanksgiving Week**

LAND CLASS DESCRIPTIONS

Cardio Fusion • Multi-Level - A variety of low impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance and core training using various equipment to keep you challenged and interested.
Core Fusion • Multi-Level - A low-impact, slow-burn workout that combines body weight movements and small equipment (stability balls, resistance bands, light weights, etc.) to give you a strong and stable core.
Cyclone Cycle • Multi-Level - A variety of cycling conditions including hills, flats and exhilarating finishes while focusing on speed, power, intensity and technique. Arrive early for bike set up & bring a towel and water.
Dance Fusion Gold • Beginner/Mature Adult - Dance Fusion Gold offers a low-impact, fun, cardio workout choreographed to music that makes you want to dance!
Lengthen to Strengthen • Multi-Level - A stretch class to promote mobility, stability and flexibility for the whole body. Using a variety of props, including mats, foam rollers and trigger balls; you will learn how to incorporate myofascial release and muscle lengthening to promote strength and endurance in your other workouts.
Les Mills BODYATTACK™ • Multi-Level - A high-energy fitness class that combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Burn up to 555 calories and leave with a sense of achievement.
Les Mills BODYCOMBAT™ • Multi-Level - A non-contact, mixed martial arts-inspired workout that fuels cardio fitness and conditions your whole body. Define and strengthen your upper and lower body, while increasing your overall speed and fitness.
Les Mills BODYPUMP™ • Multi-Level - This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
Les Mills CORE™ • Multi-Level - Using resistance tubes and weight plates, this challenging 30-minute workout works the abs, hips, butt and lower back for a stronger core to make you better at all things you do.
Les Mills DANCE™ • Multi-Level - A high-energy workout that challenges and moves you. Each class includes: 10 stand-alone tracks with each introducing new choreography.
Les Mills FUNCTIONAL STRENGTH • Multi-Level - This series of full-body workouts mixes multi-joint movements and loaded exercises to build athletic strength, increase muscle tone, and push you to get fitter and stronger for everyday life.
Les Mills GRIT ATHLETIC, GRIT CARDIO, GRIT STRENGTH • Intermediate/Advanced - 30 minutes of high-intensity interval training to improve your cardiovascular fitness, agility and strength. Expect to use weights, barbells, dumbbells, steps and bodyweight to maximize your fitness.
Les Mills RPM™ • Multi-Level - This 45-minute cycling class is designed to challenge your endurance and speed with climbs and sprints that will keep you moving and sweating. RPM is scheduled as a *virtual* class meaning it is a recorded Les Mills production. There is not a live instructor.
Les Mills SHAPES™ • Multi-Level - An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.
Les Mills SPRINT™ • Intermediate/Advanced - This 30-minute high intensity workout is designed using an indoor bike to achieve fast results. This workout is short and intense, offers faster cardio results, trains the body to burn fat and build lean muscle, and burns calories for hours after completion. Join our internationally certified instructors to learn how to smash your goals faster.
Les Mills STRENGTH DEVELOPMENT • Multi-Level - Whether new to lifting or a seasoned pro, this class will build muscle, improve technique, and grow confidence so you can train more powerfully in the studio and on the gym floor.
Les Mills THE TRIP™ • Multi-Level - THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS workout takes motivation and energy output to the next level, burning serious calories. If you want to get fit faster, with less discomfort, THE TRIP™ is the way to go.
Muscle Work • Multi-Level - If it can make you stronger, we will use it! Build lean muscle mass and drop inches by using hand weights, bands, body bars and med balls to make you stronger than ever!
Sit & Fit • Beginner/Mature Adult - Get fit from your seat instead of your feet! This class targets those needing assistance with balance while seeking increased strength, endurance and flexibility.
SPINPower® • Multi-Level - Innovative, power-based cycling and power meter technology to train the body more efficiently and effectively in this powerful spin class. Please come 5-10 minutes early for bike set up.
Step & Strength • Multi-Level - This dynamic class divides your time between heart-pumping, low-impact choreography on an adjustable aerobic step and functional strength segments using dumbbells, resistance bands, or body weight.
Strengthen & Condition • Multi-Level - Build strength and endurance in this high-efficiency weight training class. Use free weights, barbells and bands to target all major muscle groups through structured, progressive sets.

Group Fitness Guidelines: *All classes are 50-Minutes unless noted. Advance registration for classes is recommended. Classes must be reserved via the MVCC FitRec app or at Membership Services before start of class. Classes are subject to minimums/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. Participants must adhere to facility guidelines at all times. For the safety of participants, it is at instructor's discretion whether participants are allowed into studio after start of class. Please refrain from private conversations and the use of cell phones during classes. Guests must be 16 years of age to participate. 12-15 year old members must complete an orientation and have parent/guardian present to attend. See FitRec app for up-to-date changes. Learn more at morainevalley.edu/fitrec*

CONTACT PERSON
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Synrgy 360 • Multi-Level - A good mix of cardio, strength and agility exercises, this interval circuit training will leave you feeling exhilarated and expending calories for the day.
Tread & Shred • Multi-Level - Take it to the fitness floor for this full body conditioning workout that utilizes the treadmills, resistance bands, and weights. Please meet instructor by the treadmills.
Well Balanced • Beginner/Mature Adult - Designed to increase stability, balance and coordination, this class focuses on standing balance and movement that enhances the mind/body connection. Half of the class will be in a chair and the other half will be standing.
WERQ • Multi-level - WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.
Zumba® • Multi-Level - Zumba® is a dance-fitness class that incorporates Latin rhythms with easy-to-follow moves. The class format combines fast and slow rhythms that tone and sculpt the body. All dance levels are welcome.
Zumba® Gold • Beginner/Mature Adult - A low-impact dance fitness program designed for active older adults and beginners. It features easy-to-follow choreography focusing on balance, range of motion and coordination, typically set to Latin and world rhythms.

MIND BODY CLASS DESCRIPTIONS

Chair Yoga • Beginner/Mature Adult - Get fit from your seat instead of your feet! This class targets those needing assistance with balance and stability while seeking the benefits of gentle movement to increase strength, endurance and flexibility of the body.
Flow & Restore Yoga - Multi-Level - A gentle blend of mindful movement, deep stretching, and restorative relaxation. Use bolsters and props to relax and release tension. Leave feeling refreshed and grounded.
Hatha Yoga • Multi-Level - Hatha yoga uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Use this class to manage stress, while improving your flexibility.
Hatha Vinyasa Yoga • Multi-Level - A balanced practice that blends the structural, alignment-focused foundations of Hatha with the dynamic, breath-synchronized movement of Vinyasa. This class is the perfect middle ground between deep, steady posture holds and fluid, active transitions.
Les Mills PILATES™ • Multi-Level - Slow, simple movements tone your abs, glutes, back, and hips. Traditional Pilates meets the Les Mills experience, leaving you strong, uplifted, and calm.
Pilates Barre • Multi-Level - Combines Pilates, fitness and dance-based moves while using small movements and high repetition at the barre and on the mat. The class will tone and lengthen muscles as well as strengthen your core and improve your posture.
Pilates Mat • Multi-Level - A unique system of body conditioning, stretching and strengthening exercises designed to tone muscles, strengthen core, improve posture and provide flexibility and balance.
Pilates & Props • Multi-level - Grab a partner and get ready to push, pull and power through a high-energy, full-body workout designed to build strength, endurance, mobility and core stability.
Restorative Yoga • Multi-Level - Restorative flow integrate moving sequences that have gentle restorative poses. During the class the use of props such as blocks and straps will be used to help students get into positions that will ultimately help them realign their bodies in their original positions. This class is open to all levels.
Vinyasa Yoga • Multi-Level - Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements flow smoothly, incorporating seamless transitions between postures.

AQUA CLASS DESCRIPTIONS

Aqua Boot Camp • Multi-Level - A series of functional exercises in a circuit format in the shallow end of the pool. Some of the exercises are athletic in nature and require the participant to perform a variety of movements. This class is a unique alternative to a traditional aqua aerobics class.
Aqua Deep • Multi-Level - A medium-to-high intensity deep water body workout to improve strength and endurance. This deep water class combines water resistance with no impact and uses a variety of exercises and equipment to improve overall fitness.
Aqua Fusion • Multi-Level - Set to motivating music, the class alternates between heart-pumping cardio intervals, water-weighted strength segments, and fluid core and flexibility movements. It's an ideal choice for building stamina, strength, and balance.
Aqua HIIT • Multi-Level - This Aqua HIIT class will strengthen and tone your muscles with High Intensity Interval Training (HIIT) to effectively burn calories, increase your endurance and strengthen your heart to a whole new level.
Aqua Medley • Multi-Level - This shallow water class will keep you guessing! Your instructor will create different cardio, interval or circuit workouts while you enjoy the low-impact aquatic environment.
Aqua Strength • Multi-Level - We will use water resistance and weights to make us stronger and healthier in this full body strength workout.
Aqua Tone • Multi-Level - This 30-minute aqua workout will focus on strengthening and stabilizing your core. We will work our abs, hips, glutes, low back, and shoulders in a manner that will allow us to move through everyday life without pain or injury.

INTENSITY

Beginner/Mature Adult Level - Class designed for new exercisers, older adults or individuals with movement challenges. Format may be suitable for seated activity.

Multi-Level - Class designed for a range of fitness levels. Instructor will offer modifications to accommodate fitness abilities.

Intermediate/Advanced Level - Class designed for higher fitness levels and/or prior exercise experience in similar format.