


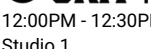




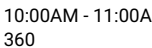



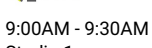
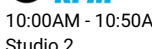
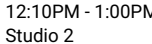

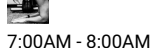

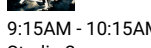
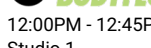
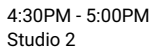


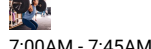
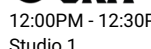








# Club 4 Fitness - Prattville Group Exercise July 2021

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|--|--|--|--|--|---|--|
| <p> <b>LES MILLS RPM</b><br/>5:15AM - 6:05AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>5:30AM - 6:30AM<br/>360</p> <p> <b>LES MILLS sprint</b><br/>6:30AM - 7:00AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>7:00AM - 8:00AM<br/>360</p> <p> <b>LES MILLS RPM</b><br/>7:30AM - 8:20AM<br/>Studio 2</p> <p> <b>LES MILLS BODYCOMBAT</b><br/>8:00AM - 9:00AM<br/>Studio 1</p> <p> <b>LES MILLS GRIT   STRENGTH</b><br/>9:00AM - 9:30AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>10:00AM - 10:50AM<br/>Studio 2</p> <p> <b>LES MILLS BODYPUMP</b><br/>10:00AM - 10:30AM<br/>Studio 1</p> <p> <b>LES MILLS GRIT   STRENGTH</b><br/>12:00PM - 12:30PM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>12:10PM - 1:00PM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>4:30PM - 5:00PM<br/>Studio 2</p> | <p> <b>LES MILLS sprint</b><br/>5:15AM - 5:45AM<br/>Studio 2</p> <p> <b>LES MILLS GRIT   STRENGTH</b><br/>5:15AM - 5:45AM<br/>Studio 1</p> <p> <b>LES MILLS CORE</b><br/>5:50AM - 6:20AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>6:15AM - 7:05AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>7:00AM - 8:00AM<br/>360</p> <p> <b>LES MILLS sprint</b><br/>7:30AM - 8:00AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>8:00AM - 8:30AM<br/>360</p> <p> <b>LES MILLS BODYATTACK</b><br/>8:00AM - 8:30AM<br/>Studio 1</p> <p> <b>LES MILLS BODYPUMP</b><br/>8:35AM - 9:35AM<br/>Studio 1</p> <p> <b>LES MILLS sprint</b><br/>9:15AM - 9:45AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>10:00AM - 11:00AM<br/>360</p> <p> <b>LES MILLS BODYFLOW</b><br/>12:00PM - 12:45PM<br/>Studio 1</p> | <p> <b>LES MILLS RPM</b><br/>5:15AM - 6:05AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>5:30AM - 6:30AM<br/>360</p> <p> <b>LES MILLS sprint</b><br/>6:30AM - 7:00AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>7:00AM - 7:45AM<br/>360</p> <p> <b>LES MILLS RPM</b><br/>7:30AM - 8:20AM<br/>Studio 2</p> <p> <b>LES MILLS CORE</b><br/>8:00AM - 8:30AM<br/>Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b><br/>8:30AM - 9:00AM<br/>Studio 1</p> <p> <b>LES MILLS STEP</b><br/>9:00AM - 9:30AM<br/>Studio 1</p> <p> <b>LES MILLS BODYFLOW</b><br/>9:30AM - 10:30AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>10:00AM - 10:50AM<br/>Studio 2</p> <p> <b>LES MILLS BODYPUMP</b><br/>12:00PM - 12:45PM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>12:10PM - 1:00PM<br/>Studio 2</p> | <p> <b>LES MILLS GRIT   CARDIO</b><br/>5:15AM - 5:45AM<br/>Studio 1</p> <p> <b>LES MILLS sprint</b><br/>5:15AM - 5:45AM<br/>Studio 2</p> <p> <b>LES MILLS CORE</b><br/>5:50AM - 6:20AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>6:15AM - 7:05AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>7:00AM - 8:00AM<br/>360</p> <p> <b>LES MILLS sprint</b><br/>7:30AM - 8:00AM<br/>Studio 2</p> <p> <b>LES MILLS BODYPUMP</b><br/>8:00AM - 9:00AM<br/>Studio 1</p> <p> <b>LES MILLS BODYATTACK</b><br/>9:15AM - 10:15AM<br/>Studio 2</p> <p> <b>LES MILLS BODYFLOW</b><br/>12:00PM - 12:45PM<br/>Studio 1</p> <p> <b>LES MILLS sprint</b><br/>12:15PM - 12:45PM<br/>Studio 2</p> <p> <b>LES MILLS sprint</b><br/>4:30PM - 5:00PM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>5:30PM - 6:20PM<br/>Studio 2</p> | <p> <b>LES MILLS RPM</b><br/>5:15AM - 6:05AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>5:30AM - 6:30AM<br/>360</p> <p> <b>LES MILLS sprint</b><br/>6:30AM - 7:00AM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>7:00AM - 7:45AM<br/>360</p> <p> <b>LES MILLS RPM</b><br/>7:30AM - 8:20AM<br/>Studio 2</p> <p> <b>LES MILLS BODYCOMBAT</b><br/>8:15AM - 9:15AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>9:30AM - 10:00AM<br/>360</p> <p> <b>LES MILLS BODYPUMP</b><br/>10:00AM - 10:30AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>10:00AM - 10:50AM<br/>Studio 2</p> <p> <b>LES MILLS GRIT   STRENGTH</b><br/>12:00PM - 12:30PM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>12:10PM - 1:00PM<br/>Studio 2</p> <p> <b>LES MILLS RPM</b><br/>4:30PM - 5:00PM<br/>Studio 2</p> | <p> <b>LES MILLS BODYFLOW</b><br/>8:00AM - 9:00AM<br/>360</p> <p> <b>ZUMBA fitness</b><br/>8:00AM - 9:00AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>8:30AM - 9:30AM<br/>Studio 2</p> <p> <b>LES MILLS BODYPUMP</b><br/>9:00AM - 10:00AM<br/>Studio 1</p> <p> <b>LES MILLS sprint</b><br/>10:00AM - 10:30AM<br/>Studio 2</p> <p> <b>LES MILLS BODYCOMBAT</b><br/>10:05AM - 10:50AM<br/>Studio 1</p> <p> <b>LES MILLS BODYFLOW</b><br/>11:00AM - 11:45AM<br/>Studio 1</p> <p> <b>LES MILLS BODYPUMP</b><br/>12:00PM - 1:00PM<br/>Studio 1</p> | <p> <b>LES MILLS BODYFLOW</b><br/>8:00AM - 8:45AM<br/>Studio 1</p> <p> <b>LES MILLS sprint</b><br/>8:30AM - 9:00AM<br/>Studio 2</p> <p> <b>LES MILLS SH'BAM</b><br/>9:00AM - 9:45AM<br/>Studio 1</p> <p> <b>LES MILLS RPM</b><br/>9:15AM - 10:05AM<br/>Studio 2</p> <p> <b>LES MILLS BODYPUMP</b><br/>10:00AM - 11:00AM<br/>Studio 1</p> <p> <b>LES MILLS BODYCOMBAT</b><br/>12:00PM - 1:00PM<br/>Studio 1</p> |

Monday



4:45PM - 5:30PM  
Studio 1



5:00PM - 5:30PM  
360



5:30PM - 6:00PM  
Studio 2



5:30PM - 6:30PM  
Studio 1



6:00PM - 7:00PM  
360



6:45PM - 7:35PM  
Studio 2

Tuesday



12:15PM - 12:45PM  
Studio 2



4:30PM - 5:00PM  
Studio 2



5:30PM - 6:30PM  
Studio 2



5:30PM - 6:30PM  
Studio 1



6:30PM - 7:30PM  
Studio 1



7:00PM - 7:30PM  
Studio 2

Wednesday



4:30PM - 5:20PM  
Studio 2



5:00PM - 5:30PM  
360



5:00PM - 5:30PM  
Studio 1



5:35PM - 6:05PM  
Studio 1



6:00PM - 7:00PM  
360



6:05PM - 6:35PM  
Studio 2



6:10PM - 7:10PM  
Studio 1



6:45PM - 7:35PM  
Studio 2

Thursday



5:30PM - 6:30PM  
360



5:30PM - 6:30PM  
Studio 1



6:35PM - 7:35PM  
Studio 1



7:00PM - 7:30PM  
Studio 2

Friday



5:30PM - 6:30PM  
Studio 1



6:05PM - 6:35PM  
Studio 2

Saturday

Sunday

## LES MILLS BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

## LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

## LES MILLS BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

## LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.



BOOTCAMP - PREMIUM PLUS Bootcamp is an intense mix of conditioning & strength training that is constantly varied with each class session. Coaches will teach you proper form and technique while also ensuring you get the most out of your workout.



HELL'S BELLS - PREMIUM PLUS Yep, kettlebells, barbells and dumbbells! Classes are programmed to perfection using all the "bells" and bodyweight movements in a series of 3 circuits that will surely challenge all levels of fitness.



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## LES MILLS CORE

CORE™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

## LES MILLS GRIT | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.



PIYO is fitness plan that combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga. ... PiYo is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises



ROPES UNLEASHED - PREMIUM PLUS Hate Cardio? Not anymore... This dynamic, high intensity class centered around battle ropes, intense core exercises, bursts of body weight conditioning and active rest periods will make you re-think skipping cardio.

## LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

## LES MILLS SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

## STEP

Step is an aerobic workout that uses basic step moves and athletic training to lift your heart rate, shape your legs and body, and have a fun time.



TABATA 360 - PREMIUM PLUS Tabata 360 is our widely popular 30 minute total body functional training class. Each movement is carefully designed to keep you moving, maximize your time, give you ample recovery and real results.



TRX BURN - PREMIUM PLUS Our TRX BURN class is the perfect way to get an absolute calorie burn while improving strength and mobility all in one. Time flies by as you quickly transition between body weight exercises that can be easily modified to give each person the level of intensity he/she is looking to achieve.



TRX STRENGTH - PREMIUM PLUS Join us as we take resistance training to a whole new level in TRX Strength! We will focus on proper form, slow down the movements and make each set a little harder than the last in this total body 45 minute class. TRX Strength will make you rethink "strength training" and get back to the basics of using your own body as resistance.

## LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

## LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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## LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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The original barbell workout for anyone looking to get lean, toned and fit - fast.

## LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

 **LES MILLS GRIT | CARDIO**

High-intensity interval training that improves cardiovascular fitness.

 **LES MILLS GRIT | STRENGTH**

High-intensity interval training designed to improve strength and build lean muscle.

 **LES MILLS RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

 **LES MILLS RPM**

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

 **LES MILLS SHBAM**

Fun-loving and insanely addictive dance workout. No dance experience required!

 **LES MILLS sprint**

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

 **ZUMBA fitness**

ZUMBA - Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

## Group Exercise Timetable