

# GROUPX STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00 am <b>BODYPUMP™ (45)</b> Emily M.		5:15-6:15 am <b>BODYPUMP™</b> Amber D.		5:15-6:00 am <b>BODYPUMP™ (45)</b> Emily M.		
	8:00-8:30 am <b>Opti-Core</b> Emily M.		8:00-8:30 am <b>Opti-Core</b> Val J.			
	8:30-9:15 am <b>BODYPUMP™ (30)</b> Traci G.	8:30-9:15 am <b>Opti-Burn</b> Kristi B.			8:30-9:30 am <b>BODYPUMP™</b> Traci G. / Amber D.	
9:00-10:00 am <b>BODYPUMP™</b> Thordis L.			9:00-9:30 am <b>BODYPUMP™ (30)</b> Traci G.	9:00-10:00 am <b>BODYPUMP™</b> Thordis L.		
	9:30am-10:15 am <b>LES MILLS CORE™ 45</b> Traci G.	9:30-10:30 am <b>BODYPUMP™</b> Kristin H.	9:30-10:00 am <b>LES MILLS CORE™ 30</b> Traci G.			
10:00-11:00 am <b>Opti-Dance</b> Joshua R.						
	5:30-6:30 pm <b>Opti-Strength</b> Joshua R.		5:30-6:30 pm <b>Opti-Strength</b> Joshua R.			

All classes and class descriptions can be accessed and booked on the Opti-Life App. Class schedule can change without notice, so please use the app for most up-to-date class information.

## CLASS DESCRIPTION

### Opti-BURN!

In this 45-minute body sculpting class, you will use a mix of light weights, body weight, and calorie-blasting movements that will strengthen and tone your entire body. Think of this as “Body Burn at the Barre” without the barre moves and more lunges/squats but all the sweaty goodness! *Formerly known as Body BURN!*

### BODYPUMP™

Les Mills BODYPUMP™ is a barbell workout for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It can burn up to 540 calories.

### Opti-Core

This is a 30-minute strengthening class with an emphasis on your abdominals. What is your goal? Preventing or decreasing back pain? Improving your posture? Washboard abs? Trimmer waistline? This class is for you! All levels are welcome. *Formerly known as Core FOCUS!*

### Les Mills CORE™

Les Mills CORE™ is a 30-minute (or 45) core training workout that delivers quick results for all fitness levels. Exercising muscles around the core, this class provides the vital ingredient for a stronger body. A stronger core makes you better at every task you ask your body to do!

### Opti-Strength

Join us for full body resistance training! This class will incorporate various equipment such as dumbbells, barbells, benchwork, and bodyweight training to develop muscle endurance and strength. *Formerly known as Strength 360.*

### Opti-Dance

This is a choreographed cardio dance class for all fitness levels and rhythms. Prepare to work hard, sweat, and have fun while we jam to all styles of music.