



The Falls 2023 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Studio 5:15AM - 6:05AM VIRTUAL RPM 50 Mins 8:45AM - 9:30AM INTERVAL SPIN (LIVE) 12:00PM - 12:30PM VIRTUAL SPRINT 30 Mins 4:30PM - 5:00PM VIRTUAL SPRINT 30 Mins	Spin Studio 5:15AM - 6:05AM VIRTUAL RPM 50 Mins 12:00PM - 12:30PM VIRTUAL SPRINT 30 Mins 4:30PM - 5:15PM INTERVAL SPIN (LIVE) 6:00PM - 6:50PM VIRTUAL RPM 50 Mins	Spin Studio 5:15AM - 6:15AM INTERVAL SPIN (LIVE) 9:30AM - 10:20AM VIRTUAL RPM 50 Mins 12:00PM - 12:30PM VIRTUAL SPRINT 30 Mins 5:45PM - 6:35PM VIRTUAL RPM 50 Mins	Spin Studio 5:15AM - 6:05AM VIRTUAL RPM 50 Mins 9:30AM - 10:15AM INTERVAL SPIN (LIVE) 12:00PM - 12:30PM VIRTUAL SPRINT 30 Mins 4:30PM - 5:00PM VIRTUAL SPRINT 30 Mins 6:00PM - 6:50PM VIRTUAL RPM 50 Mins	Spin Studio 5:15AM - 6:05AM VIRTUAL RPM 50 Mins 12:00PM - 12:30PM VIRTUAL SPRINT 30 Mins	Spin Studio 8:30AM - 9:30AM ELEVATE 9:30AM - 10:15AM INTERVAL SPIN (LIVE) 2:30PM - 3:20PM VIRTUAL RPM 50 Mins	Spin Studio 3:00PM - 3:50PM VIRTUAL RPM 50 Mins
Yoga Studio 8:30AM - 9:15AM ELEVATE 9:30AM - 10:30AM YOGA 6:00PM - 7:00PM YOGA	Yoga Studio 5:15AM - 6:00AM ELEVATE 8:30AM - 9:15AM ELEVATE	Yoga Studio 8:30AM - 9:30AM YOGA 9:30AM - 10:15AM ELEVATE	Yoga Studio 5:15AM - 6:00AM ELEVATE 8:30AM - 9:15AM ELEVATE	Yoga Studio 8:30AM - 9:30AM YOGA	Yoga Studio 8:30AM - 9:15AM ELEVATE 10:30AM - 11:30AM YOGA	
GX Room 8:30AM - 9:30AM BARRE 9:30AM - 10:30AM BODYPUMP™ 10:30AM - 11:30AM HIGH FITNESS 6:00PM - 7:00PM BODYPUMP™	GX Room 9:00AM - 9:30AM JUMP 9:30AM - 10:00AM LES MILLS CORE 10:00AM - 11:00AM BARRE 5:45PM - 6:45PM HIGH FITNESS	GX Room 8:30AM - 9:30AM BODYPUMP™ 9:30AM - 10:30AM HIGH FITNESS 10:30AM - 11:30AM HIGH YO 5:00PM - 5:45PM SURGE FITNESS 5:45PM - 6:45PM BODYPUMP™	GX Room 9:00AM - 9:30AM JUMP 9:30AM - 10:00AM LES MILLS CORE 10:00AM - 11:00AM BARRE 5:15PM - 5:45PM LES MILLS CORE 5:45PM - 6:45PM HIGH FITNESS	GX Room 8:30AM - 9:30AM HIGH FITNESS 9:30AM - 10:15AM BODYPUMP™	GX Room 8:30AM - 9:30AM HIGH FITNESS	
Turf 9:30AM - 10:15AM IGNITE	Turf 5:45PM - 6:30PM IGNITE	Turf 9:30AM - 10:15AM IGNITE		Turf 9:30AM - 10:30AM IGNITE	Turf 9:30AM - 10:30AM IGNITE	



A low impact class combining ballet-inspired moves with elements of Pilates and strength training. It is primarily focused on toning and strengthening the core and postural muscles of the lower body. Barre is a combination of cardio and strength with high reps of small range-of-motion movements using light weights.

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.



Elevate is designed to target muscle groups in ways you cannot with other group classes or free weights. This low impact, full body workout will torch calories utilizing a reformer machine that works against gravity.



HIGH takes old school aerobics to the next level with modern fitness techniques such as HIIT training, plyometrics, intervals of strength and cardio and more.



HIGH YO is a music driven stretch class created to help people fall in love with stretching. This lighthearted format incorporates stretching, strength and balance to improve overall health and help participants see what a difference stretching can make in their life. Like HIGH fitness, HIGH YO was created to make you feel amazing, help you appreciate your body and become your authentic self.



Total body format fusing components of resistance and cardio training to create an exciting, innovative workout program. Each session combines elements of circuit training, high intensity interval training (HIIT) and functional strength training.



An energetic vibe with great music pumping and the group spinning as one. You will take a journey of climbs, sprints, races, and endurance riding.



JUMP is a 30 minute class focusing on flexibility, strength and power. Fast paced, non-impact cardio on the trampoline combined with strength exercises on the floor to target upper body, core and glutes.

LES MILLS CORE

LES MILLS 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.



SURGE FIT fuses the endorphin high of cardio moves with the body sculpting results of weight training in a simple but fun format. Great Music + HIIT Cardio + Weight Training = Results. SURGE classes utilize minimum equipment, just a set of dumbbells, a mat, and some space to move.



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



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.



A Slow Flow Yoga practice focuses on relaxation through the use of blocks, bolsters, and blankets. Participants are guided through poses that gently stretch and support the body.



Monday–Thursday: 4:30AM – 10:00PM

Friday: 4:30AM – 9:00PM

Saturday: 8:00AM – 8:00PM

Sunday: 10:00AM – 9:00PM

Kids Club Hours:

Monday – Thursday: 8:00AM – 12:30PM,

4:00PM – 8:30PM

Friday: 8:00AM – 12:30PM

Saturday: 8:00AM – 1:30PM

Sunday: CLOSED