CLASS DESCRIPTION

**BODYPUMP™**
A 60 minute barbell class that challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music— you choose your weight to get the results you came for!

**BODYSCULPT**
This toning class will rock your world, blasting every major muscle group. Dumbbells & tubing will be utilized to create sleek definition.

**CYCLING**
A fantastic heart-pumping workout. Taught on an indoor cycling bike - you will climb, sprint, and train to incredible music and extraordinary instruction. Not one you want to miss!

**KICKBOXING**
This martial arts based fitness type class will challenge your muscles and mind. You will punch, strike, and kick your way through calories to a superior cardio fitness.

**LAF Muscle Madness**
This 35 minute strength and conditioning class incorporates high intensity barbell, dumbbell, and bodyweight movements. Learn proper form and technique to develop strength and improve your overall fitness. Perfect for all fitness levels!

**PowerPump + ABo**
A great mix of strength using various dumbbells or bands intermixed with bursts of cardio conditioning plus ABo. A total Body Workout!

**PiYo™**
Developed by BEACHBODY®. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. You’ll sweat, stretch, and strengthen all in one workout!

**VINYASA YOGA**
Experience sun salutations, a range of standing, seated and balanced postures, breath practices and a closing relaxation. Work and sweat through “moving meditation” followed by closing relaxation. All levels welcome.

**YOGA TONE**
Set the tone for the day with an energizing vinyasa yoga flow— awaken your body through mindful movement and attention to breath. Increase your flexibility, gain better body tone and improved posture with a relaxed and clear mind. All levels welcome.

**ZUMBA**
Latin Cardio Party! Interval cardio and resistance training to an irresistible beat. Maximize caloric burning, fat burning and body toning. Add spice to your workout.

Free Classes!
Reserve your SPOT
24 hours in advance or get a FIT Ticket 15 minutes prior to class if space is available!
**FALL SESSION**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SUNDAY</th>
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</thead>
</table>
| **Body Pump** 4:30–5:30 PM  
Room 136 | **Cycling** 4:30–5:15PM  
Room 138 | **Cycling** 4:30–5:15PM  
Room 138 | **Body Sculpt** 12:05–12:50PM  
Room 136 | **Vinyasa Yoga** 5:00—6:00PM  
Room 136 |
| **Zumba** 5:00–6:00PM  
Room 229 | **PIYo** 4:45–5:45PM  
Room 229 | **Zumba** 5:00–6:00PM  
Room 229 | **Kickboxing** 5:30–6:30PM  
Room 136 |  |
| **Cycling** 5:45–6:30PM  
Room 138 | **LAF Muscle Madness** 5:30–6:05PM  
Room 136 | **Body Pump** 5:30–6:30PM  
Room 136 | |  |

**No Classes—October 9th & 10th**

Classes with low attendance will be dropped from the schedule.

Reserve your SPOT  
24 hours before class at [imleagues.com/Lafayette](http://imleagues.com/Lafayette)  
(Online waiting list available)

A reservation or Fit Ticket is needed to enter all classes

**Group Fit Ticket Procedure**

1. “Fit Tickets” are required if you did not reserve a SPOT online for a class.
2. “Fit Tickets” are distributed as early as 15 minutes prior to class at reception desk.
3. All reserved SPOTS are released 5 minutes prior to start of class to wait-listed participants, then FIT ticket holders until class is filled.
4. One ticket per person, you cannot hold a place for another person.

*Please remember to cancel your reservation for a class if not attending.  
Repeated no shows will prevent future online reservations.*