

Specialty fitness classes are geared for older adults. Free for those with a Specialty Memberships.

Express classes offer all the challenge and intensity of a longer session in just 30 jam-packed minutes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6 AM	5:30-6:30 AM CYCLE- LIFT- ROW Gym w/ Kristin	5:30-6:30 AM CIRCUIT TRAINING GX 2 w / Diana	5:30-6:30 AM BARBELL/ BOOTCAMP GX 2 w/ Chad	5:30-6:30 AM CYCLE/ BOOTCAMP CYCLE w/ Chad	5:30-6:20 AM CARDIO SCULPT GX 2 w/ Diana	
6-7 AM			6-6:50 AM BARRE FITNESS GX 1 w/ Contessa			
8-10 AM	8:30-9:20 AM 20-20-10 (Mixed Level) GX 2 w/ Ronna		9-10 AM VINYASA YOGA GX 1 w/ Erica H	8:30-9:15 AM LIFT - ROW GX 2 w/ Ronna	8:30-9 AM CYCLE CYCLE w/ Ashlyn	8:15-9 AM CIRCUIT TRAINING GX 2 w/ Kristin
		8:30-9:30 AM YOGA GX 1 w/ Erica H	9-9:50AM TRX CIRCUIT GX 2 w/ Ronna	9-9:45 AM CYCLE CYCLE w/ Jenny	9-9:50 AM PILATES FUSION GX 1 w/ Theresa	9-9:50 AM CYCLE CYCLE w/ Kristin
	9-10 AM HATHA YOGA GX 1 w/ Janet	8:30-9:20 AM BARRE FITNESS GX 2 w/ Kristin	9-9:50 AM AQUA ZUMBA POOL w/ Lisa T.	9:30-10:15 AM FOREVER FIT – STRENGTH GX 2 w/ Kim C.	9-10 AM AQUA TONING POOL w / Penny	9-10 AM CURRENT FITNESS POOL w/ Penny
	9:30-10:20 AM BARBELL STRENGTH GX 2 w/ Cassie	9:00-9:50 AM CYCLE STRENGTH CYCLE w/ Jenny	9:30-10 AM CYCLE CYCLE w/ Kristin		9-9:45 AM BOOTCAMP GX 2 w/ Kristin	9-10 AM YOGA GX 1 w/ Janet
		9:30-10:15 AM FOREVER FIT – CARDIO GX 2 w/ Ronna		9:45-10:15 AM CORE STRENGTH GX 1 w/ Jenny		9:15-10 AM BARBELL STRENGTH GX 2 w/ Bobby
10-12 PM		10-10:45 AM LIFT - ROW GX 1 w/ Kristin	10-10:30 AM BOOTCAMP GX 2 w/ Kristin	10:30-11 AM STRETCH AND ROLL GX 1 w/ Abby	10-10:45 AM BARRE FITNESS GX 2 w/ Kristin	
	10:15-11:15 AM CHAIR YOGA GX 1 w/ Janet	10:30-11:15 AM FOREVER FIT – CARDIO GX 2 w/ Ronna	10:15-11 AM CHAIR YOGA GX 1 w/ Erica H	10:30-11:15 AM FOREVER FIT – STRENGTH GX 2 w/ Kim C.	10:30-11:30 AM GENTLE YOGA GX 1 w/ Erica H.	
	10:30-11:20 AM CARDIO SCULPT GX 2 w/ Jenny			11:15-12 PM SILVERSNEAKERS CLASSIC GX 1 w/ Sandee		
		12-12:30 PM CIRCUIT TRAINING GX 2 w/ Ronna		12-12:30 PM LIFT - ROW GX 2 w/ Ronna		
5-7 PM	5:30-6:15 PM BOOTCAMP GX 1 w/ Jerry		5:30-6:15 PM CIRCUIT TRAINING GX 2 w/ Ashlyn	5:30-6 PM CYCLE CYCLE w/ Sarah		
	6:30-7 PM STRETCH AND ROLL GX 1 w/ Abby	5:45-6:35 PM CARDIO SCULPT GX 2 w/ Contessa	5:30-6:30 PM ZUMBA® GX 1 w/ Stacy	6:05 -6:35 PM CIRCUIT TRAINING GX 2 w/ Sarah		
	5:45-6:30 PM BARRE FITNESS GX 2 w/ Ashlyn	6-7 PM VINYASA YOGA TO RESTORATIVE GX 1 w/ Anu		6-7 PM VINYASA YOGA TO RESTORATIVE GX 1 w/ Kim H.		

NOTE: Schedule is subject to change based on instructor availability and class demand.
See most current class schedule at [LENEXA.COM/GROUPX](https://www.lenexa.com/groupx).

CLASS DESCRIPTIONS

Updated 4/1/2024.

CARDIO/STRENGTH

BARBELL STRENGTH: Plate-loaded barbells enhance muscular endurance and strength using basic weight-lifting techniques.

BOOT CAMP: Challenges the cardiovascular, pulmonary, and musculoskeletal systems using a variety of fitness equipment and body weight exercises.

CARDIO SCULPT: A total-body conditioning workout challenging each muscle group by increasing muscular strength and endurance using a variety of equipment and bodyweight.

CIRCUIT TRAINING: Allows you to fit a huge variety of movements into your workout — meaning a full-body challenge, and none of the boredom that can come with repetitive exercises.

CORE STRENGTH: Focuses on abs, back using combination movement patterns.

FOREVER FIT: Designed to help active seniors increase cardiovascular endurance, strength and improve balance with weights, dancing, and range of motion.

FAMILY FITNESS CLASS: This class is designed for youth to experience a group exercise class in a fun way! This is a full body workout that incorporates both cardiovascular exercise and light weight training that the whole family can participate in. Ages 8 and up, class runs **until March 30, 2024**.

LIFT- ROW: This full body workout challenges your strength and endurance with the use of various strength training equipment and the rowing machines.

PILATES FUSION: Combines mat Pilates basics, and yoga allowing you to feel the burn and gain strength in a low impact format.

TRX® CIRCUIT: Overhead straps leverage body weight against gravity to develop strength, balance, flexibility, and core stability. In addition to strength training with various equipment.

SILVERS SNEAKERS® CLASSIC: have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated or standing support.

STATION TRAINING: A full body workout with timed interval stations that include strength, cardio, and core exercises using bodyweight and various equipment to challenge and strengthen your body.

ZUMBA®: A cardio dance class that feels more like a party than an exercise class.

20/20/10: Combines all your favorite aspects of fitness and puts them into one solid workout! Combine 20 minutes of cardio, 20 minutes of strength, and 10 minutes of core and flexibility!

AQUA

AQUA TONING: Resistance exercises performed in the shallow areas of the pool enhance overall muscular strength and endurance.

AQUA ZUMBA: A classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

CURRENT FITNESS: Using the resistance and assistance of the current in the lazy river exercises using aqua equipment and/or floatation devices work to enhance cardiorespiratory fitness, strength, stability, and balance.

CYCLE

CYCLE: Energizing music motivates participants on indoor stationary exercise bicycles through various challenges and personal competitions.

CYCLE- LIFT- ROW: Enjoy a rotation of cycle/ rowing and lifting to keep your heart rate pumping.

CYCLE STRENGTH: Hop on your bike and get your heart rate and cardiovascular system going for the first 25-30 minutes. Hop off the bike and grab those weights to get your resistance training in and build those muscles.

MIND + BODY

BARRE FITNESS: Inspired by dance, Pilates, yoga and more, this class develops total body strength, flexibility, balance, and posture.

HATHA YOGA: Deepen your understanding of the postures & basic alignment in the body, breathing, and relaxation techniques.

CHAIR YOGA: A gentle yoga class that uses a chair for seated and standing support.

STRETCH & ROLL: Explore the importance of optimizing your body's range of motion, flexibility, balance, and strength by using multiple methods, including yoga, foam rollers, and stability balls.

GENTLE YOGA: A gentle introduction to yoga with flowing progressions of beginner yoga poses, postures and stretches.

RESTORATIVE YOGA: Relax and reinvigorate with gentle poses held for prolonged periods of time using props and breathing techniques.

VINYASA YOGA: Continuous, flowing progressions of dynamic yoga poses and postures.

YOGA: Each class will focus on the progression of beginner yoga poses, postures, and stretches. Each instructor creates their own class rhythm and lets your body be your guide. Classes typically include standing poses, twists, balancing poses, and restorative poses.

No advance registration is required to attend Group X classes, classes will be first come first serve until max capacity of 25 has been met.