

Lincoln Athletic Club Group Fitness Schedule

MONDAY

5:15-6:15am Body Pump(1)
 8:00-8:50am Pilates (MR)
 8:30-9:30am Body Step (1)
 9:30-10:30am Kickboxing (2)
 9:30-10:30am Body Flow (MR)
 9:35-10:35am Body Pump (1)
 10:30-11:20am LRC BARRE ** (MR)
 5:05-6:00pm Boot Camp (Turf)
 4:45-5:30pm Body Step (1)
 5:30-6:30pm Body Pump (1)
 6:00-7:00pm Kickboxing (2)
 6:30-7:00pm Cx Worx (1)
 7:05-7:50pm Zumba (1)

TUESDAY

5:05-6:05am Boot Camp (Turf)
 5:15-6:00am Body Combat (1)
 5:15-6:15am Body Flow (MR)
 8:30-9:30am Body Pump (1)
 8:30-9:30am T.B.S. (2)
 9:30-10:30am Body Attack (1)
 9:30-10:30am Gentle Yoga (MR)
 12:00-1:00pm Body Pump (1)
 5:00-5:30pm Body Attack (1)
 5:00-6:00pm Boot Camp (Turf)
 5:30-6:30pm Body Combat (1)
 6:00-7:00pm Yoga (MR)
6:15-7:00pm Kids Bootcamp (Gym)
 6:30-7:30pm Body Pump (1)
 7:30-8:30pm Cardio Tennis \$
 7:30-8:30pm Zumba (1)

WEDNESDAY

5:15-6:15am Body Attack (1)
 5:30-6:30am Kickboxing (2)
 8:30-9:25am Pilates (MR)
 8:30-9:30am Body Step (1)
 9:00-9:30am KBXpress (2)
 9:30-10:30am Power Yoga (MR)
 9:35-10:35am Body Pump (1)
 12:00-1:00pm Cardio Tennis \$
 4:45-5:30pm Body Step (1)
5:00-5:45pm Kids Yoga (2)
 5:30-6:30pm Body Pump (1)
 5:45-6:45pm Body Flow (MR)
 6:00-7:00pm Synrgy
 6:30-7:00pm CXworx (1)
 7:05-8:00pm Zumba (1)
 * Synrgy- Sign up at the Fitness Desk

THURSDAY

5:05-6:05am Boot Camp (Turf)
 5:15-6:15am Body Pump (1)
 8:30-9:30am T.B.S. (2)
 9:30-10:30am Kickboxing (2)
 9:30-10:30am Gentle Yoga (MR)
 9:30-10:30am Rapid Fire 60 (1)
 4:45-5:30pm Body Flow (MR)
 5:00-6:00pm Boot Camp (Turf)
 5:00-5:30pm Body Attack (1)
 5:30-6:15pm LRC BARRE ** (MR)
5:30-6:15pm Kids Racquetball
 5:35-6:35pm Body Step (1)
 6:00-7:00pm Kickboxing Fusion(2)
 6:20-7:20pm Yoga (MR)
 6:40-7:40pm Body Pump (1)

**Must pre-register for Barre/Cycling class at front desk

FRIDAY

5:15-6:15am Body Combat (1)
 5:15-6:15am Kickboxing (2)
 5:15-6:15am Boot Camp (turf)
 8:30-9:30am Body Attack (1)
 8:30-9:30am Strength/Toning(MR)
 9:30-10:30am Yoga Flow (MR)
 9:35-10:35am Body Pump (1)
 10:30-11:30am Cardio Tennis \$
 12:00-12:30pm CXworx (1)
 12:30-1:00pm Body Flow (1)
 4:30-5:30pm Body Combat (1)
 5:30-6pm Body Pump & 6-6:30pm Attack (1)

SATURDAY

8:00-8:50am LRC BARRE ** (MR)
 8:00-9:00am Boot Camp (Turf)
 8:00-8:30am Body Attack (1)
 8:30-9:15am Body Step (1)
 9:00-10:00am Cardio Tennis \$
 9:00-10:00am Power Yoga (MR)
9:00-9:45am Kids Turf (Turf)
9:00-9:45am Kids Kickboxing (2)
 9:20-10:20am Body Pump (1)
 10:25-11:25am Body Flow (MR)
 10:25-11:25am Body Combat(1)
 11:25-12:25pm Zumba (1)

SUNDAY

8:45-9:45am Body Step (1)
 9:45-10:45am Body Pump (1)
 10:00-11:00am Body Flow (MR)
 10:45-11:15am CXworx (1)
 3:45-4:45pm Body Combat (1)
 4:00-5:00pm Yoga (MR)
 4:30-5:15pm H.I.T (2)**
 4:50-5:50pm Body Pump (1)

(1) -Studio 1
 (FWR) -Free Weight Room,
 (MR) -Meeting Room
 (G) -Gym
 (2)- Studio 2

\$Additional Fee for Cardio Tennis,
 takes place on tennis courts.

**If it is your first time attending H.I.T.
 please come 15 min early to class

Group fitness instructors and classes are subject to change without notice. All instructors are certified and/or trained, and care about the quality and safety of your workout. Equipment needed for classes is provided, except for kickboxing gloves. Minimum age to attend classes is 12 years of age. Children under age 12 are not allowed in the Group Fitness Studios. Athletic shoes are required for safety purposes. **All scheduled classes are subject to class attendance and may be dropped from the schedule or replaced.**



10/1/2017

Aqua Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00-8:00am Open/Lap Swim 8:00-8:45am Cardio 8:45-9:30am Strength Conditioning 9:30-10:15am Aqua Zumba 10:30-5:00pm Open/Lap Swim 5:00-6:00pm Swim Cond (Sept-May) 6:00-10:45pm Open/Lap Swim	5:00-8:15am Open/Lap Swim 8:30-9:25am Aqua Yoga/Pilates 9:30-11:00am Group Swim Lessons 11:00-4:00pm Open/Lap Swim 4:00-6:30pm Group Swim Lessons 6:30-10:45pm Open/Lap Swim 7:00-8:00pm Cardio Water Boot Camp	5:00-8:00am Open/Lap Swim 8:00-8:45am Cardio 8:45-9:30am Strength Conditioning 9:30-10:15am Aqua Zumba 10:30am-5:00pm Open/Lap Swim 5:00-6:00pm Swim Cond (Sept-May) 6:00-10:45pm Open/Lap Swim	5:00-8:15am Open/Lap Swim 8:30-9:25am Aqua Fit 9:30-11:00am Group Swim Lessons 11:00-4:00pm Open/Lap Swim 4:00-6:30pm Group Swim Lessons 6:30-10:45pm Open/Lap Swim 7:00-8:00pm Cardio Water Boot Camp
*During Open Swim Times there may be private swim lessons taking place			
FRIDAY	SATURDAY	SUNDAY	Outdoor Pool Schedule
5:00-8:00am Open/Lap Swim 8:00-8:45am Cardio 8:45-9:30am Strength Conditioning 9:30-10:30am Cardio/Conditioning 10:30am-9:45pm Open/Lap Swim 4:00- 5:00pm Swim Cond (Sept-May)	6:00am-9:45pm Open/Lap Swim Lifeguards on duty ONLY Summer (May 30th-Aug 12th) Monday-Friday Noon-5pm	6:00am-9:45pm Open/Lap Swim There is no Open or Lap Swimming during any fitness classes.	Mid-May through Mid-September 5:00-6:15am Lap Swim 9:00-11:30am Swim Team (until July 8) 11:30am-9:00pm Open Swim 9:00-10:30pm Adult Swim

Group Cycling Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30-6:00pm Cycling 101** 6:00-6:45pm Group Cycling	9:00/9:30-10:30am Group Cycling (Ride for 60 or 90 minutes)	5:15-6:00am Group Cycling 6:00-6:45pm Group Cycling	9:30-10:30am Group Cycling
FRIDAY	SATURDAY	SUNDAY	
5:15-6:15am Group Cycling 9:30-10:30am Group Cycling		8:30-9:15am Group Cycling	**Cycling 101 meets the first Monday of every month** * Seasonal Schedule

Group Cycling reservations are located at the front desk. You may reserve classes up to one week in advance. Reserving bikes is advised and has priority, otherwise drop-in attendance is accepted. Out of courtesy to others, please call and cancel if you are signed up for a class but unable to attend. Minimum age to attend Group Cycling is 12 years old.