



July 2025

## Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

**Watch for POP UP classes for Les Mills Ceremony® in the month of July!**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	<b>:30 Fit</b> with Ronnie Group Fitness Studio	<b>:30 Fit</b> with Joey Group Fitness Studio	<b>:30 Fit</b> with Ronnie Group Fitness Studio	<b>:30 Fit</b> with Joey Group Fitness Studio	
6:00			<b>Express Cycling</b> with Julie Spin Studio		<b>Bootcamp</b> with Julie Upstairs
8:30	<b>Booty Barre</b> with Cheryl Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>Retro Wednesday (30 min)</b> with Cheryl Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>LES MILLS TONE®</b> with Jen T Group Fitness Studio
8:30	<b>Walk 4 Life</b> with Amy B Upstairs		<b>Platinum Gold</b> with Amy B Yoga Studio	<b>Basic Training</b> with Natalie Upstairs or Outside	<b>Walk 4 Life</b> with Amy B Upstairs
9:00			<b>LES MILLS CORE®</b> with Cheryl Group Fitness Studio		
9:30	<b>Yoga</b> with Amy B Yoga Studio	<b>Power Pilates</b> with Haley Yoga Studio	<b>Yoga</b> with Cincy Yoga Studio	<b>Power Pilates</b> with Natalie Yoga Studio	<b>Let's Dance (30 min)</b> with Cheryl Group Fitness Studio
9:30		<b>Cardio Sculpt</b> with Natalie Group Fitness Studio			<b>Relax Yoga</b> with Lisa Yoga Studio
9:30	<b>Aqua Fit</b> with Sally Pool	<b>Aqua Fit</b> with Taylor Pool	<b>Aqua Fit</b> with Sally Pool	<b>Aqua Fit</b> with Sally Pool	<b>Aqua Fit</b> with Sally Pool
4:30	<b>LES MILLS BODYPUMP®</b> with Julie Group Fitness Studio	<b>Let's Dance!</b> with Amy B Group Fitness Studio	<b>Cycle and Sculpt</b> with Noelle Spin Studio		
4:45				<b>LES MILLS CORE®</b> with Taylor Group Fitness Studio	
5:30	<b>Indoor Cycling</b> with Julie Spin Studio	<b>LES MILLS TONE®</b> with Haley Group Fitness Studio	<b>Yoga</b> with Julie Yoga Studio	<b>LES MILLS BODYPUMP®</b> with Kayla Group Fitness Studio	
5:30		<b>Hot Yoga</b> with Audra Yoga Studio		<b>Rhythm Ride</b> with Ava Spin Studio	

## Weekend Classes for July

<b>Saturday, July 5</b>	8:30-Let's Dance- Amy B	9:30 -Yoga- Amy B
<b>Saturday, July 12</b>	<b>8:30 LesMills CEREMONY®- Julie, JenT and Natalie inThe BOX!</b>	<b>9:30 LesMills CEREMONY®- Julie, JenT and Natalie</b> 9:30 -Aqua Fit- Gayle
<b>Saturday, July 19</b>	8:30- LesMills BodyPump®- Kayla	9:30 -Yoga- Lisa
<b>Saturday, July 26</b>	8:30- LesMills BodyPump®-Gracen	9:30 -Yoga- Audra

**Basic Training:** Circuit style class mixing strength training and cardio to meet your cross training/full body workout needs.

**Bootcamp:** Meet on the gym floor for a hard hitting combo of cardio and strength training exercises to get your weekend started off right!

**BootyBarre:** Pilates+Dance+Yoga=Balance. Booty Barre is a fun, energetic workout that fuses techniques from dance, pilates and yoga that will define and chisel the whole body.

**Cardio Sculpt:** You will sculpt sleek muscles with light weight and high reps along with bursts of cardio to strengthen your heart.

**Cycle and Sculpt:** This class combines all the best elements of a cycle class and also works on toning and defining your upper body using light dumbbells.

**Express Cycling:** 30 minutes of intense indoor cycling!

**Hot Yoga:** Hot Yoga is a practice performed in a heated room, combining traditional yoga poses with increased temperature to promote flexibility and detoxification.

**Indoor Cycling:** The instructor chooses the music and choreography to create the perfect cardio ride

**LES MILLS BODYPUMP®:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You will feel motivated and challenged and ready to come back for more!

**LES MILLS CEREMONY®:** A 45 minute, functional training circuit focused on strength, cardio and conditioning. Meet in "The Box."

**LES MILLS CORE®:** In Les Mills CORE you will build strength, stability, and endurance in the muscles that support your core while assisting balance. (30 min class)

**LES MILLS TONE®:** Les Mills TONE blends cardiovascular conditioning, resistance training and core work to help you burn calories and elevate your fitness level.

**Let's Dance:** Release your inner dancer while burning fat and calories. You will move and sweat like you never knew you could!

**Platinum Gold:** A low/no impact class using light weights and high repetitions with standing ab work and balance exercises.

**Power Pilates:** This workout emphasizes balance, control, and core strength for optimal fat burning in addition to traditional pilates mat work.

**Relax Yoga:** A slower paced yoga practice that focuses on the breath and proper alignment within the postures: perfect for all levels of yogis.

**Rhythm Ride:** Ride to the rhythm in this music-driven cycling class that blends choreographed moves with heart pumping cardio turning your workout into a dance party on the bike!

**TRIPLE THREAT!-** 30 minutes of Les Mills Tone, 30 minutes of Les Mills Body Pump and 30 minutes of Les Mills Core all in one class taught by 3 instructors!

**Walk 4 Life:** Geared toward our mature members who want to improve their balance and flexibility and also increase or maintain muscular strength and endurance.

**Yoga:** Improve mobility and flexibility through movement, flow and breathwork.

**:30 Fit:** Decrease body fat, increase muscle mass and build greater functional strength in 30 minutes.

*\*Classes must maintain an average of 6 participants to remain on schedule.\**