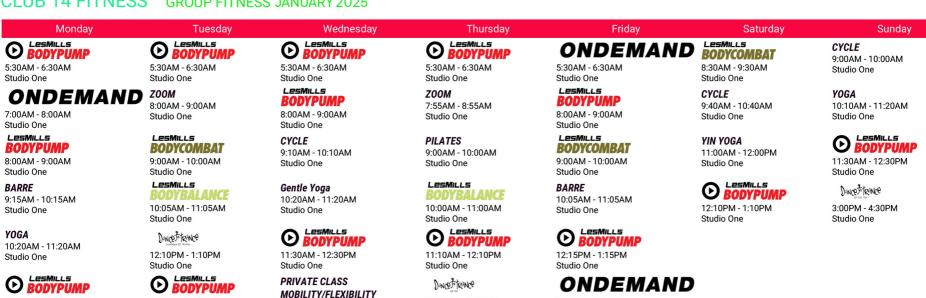
CLUB 14 FITNESS **GROUP FITNESS JANUARY 2025**



12:00PM - 1:00PM Studio One

ONDEMAND

1:30PM - 4:15PM Studio One

LesMills BODYCOMBAT

6:00PM - 7:00PM Studio One



7:10PM - 8:40PM Studio One

LesMills BODYPUMP

1:15PM - 2:15PM

Studio One

5:30PM - 6:30PM Studio One

Studio One YOGA

5:30PM - 6:30PM Studio One

1:00PM - 2:00PM

3:00PM - 5:00PM

ONDEMAND

Studio One

DANNEFTRANCE

6:45PM - 7:45PM Studio One

1:15PM - 2:15PM Studio One

12:10PM - 1:10PM

Studio One

LesMills

5:30PM - 6:30PM Studio One

LesMills

BODYPUMP

O

RPM 5:00PM - 5:50PM Studio One

LesMills

2:00PM - 5:00PM

Studio One

LESMILLS BODYBALANCE

BODYBALANCE[™] is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

Lesmills BODYCOMBAT

BODYCOMBAT[™] is a high-energy martial artsinspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

Lesmills 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.

Dawce France

Dance Trance is a high-intensity cardiochoreography dance fitness class. Styles include hip hop, pop, rock and R&B, and more. Break Down class is step-by-step instruction of the DT routines so that anyone can learn! NOTE: Dance Trance is a separate business and not included in the C14F membership. Please visit thestagefitness.com to sign up. First class is FREE.

Dancefitrance

High intensity cardio-choreography dance fitness class. With 15 routines set to hip-hop, pop, rock, R&B, and more, you'll leave wanting more of this workout that anyone can do. NOTE: not included in Club 14 Fitness membership. Please visit thestagefitness.com

Dancefatrance

Intermediate level Dance Trance where we break down the routines you've already practiced in BD. Separate from C14F, please visit thestagefitness.com

Dancestrance

Come dance on your lunch break! Visit thestagefitness.com for more details.



On Demand

PRIVATE CLASS MOBILITY/FLEXIBILITY This private class is a combination of multiple methods of stretching, foam rolling, muscle pain release, and movement quality improvement. The benefits of mobility training are plentiful: helps prevent knots and injuries. Relieves tension associated with sedentary lifestyles or over-exercising. Improves all-round functional fitness performance. Increases range of movement, helping us stay active and healthy longer in life.

The original barbell workout for anyone looking to get lean, toned and fit - fast.



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

YIN YOGA

Described as the "fountain of youth", Yin Improves flexibility, joint mobility, and recovery by targeting deep connective tissues like fascia, which are often neglected in high-intensity workouts.

YOGA

This class is a Vinyasa Flow Series for all ability

levels. In Vinyasa yoga, movement is synchronized to the breath. We focus on strengthening and stretching the body while moving smoothly through the poses. Balance and concentration are noticeably improved for many participants in this low impact flow series perfect for any age

Z00M

Get ready to add hand weights to your ride! Tone and sculpt your upper body and core while riding to the awesome beats of Todd's custom-mix!