

ADVANCED CYCLE: The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. The Advanced portion extends your training aerobically and anaerobically

BARRE: 50 minutes of strength, stretching, toning, and just a dash of cardio to get the heart rate up. This class utilizes classical ballet exercises combined with weight training and aerobic exercise to give you a full body workout. Express class available.

HIIT+Core Express - This is a 30 minute core-focused class using a HIIT format. Choice between low, medium or high impact. Jumping is not necessary.

Barre+Core Express - This is a 30 minute full body workout incorporating the barre with particular focus on the core.

CARDIO KICKBOXING: This high energy workout challenges the beginner and elite athlete alike while combining martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. (Express Class available (30 minutes))

CCHC LIFT: This strength class is a highly efficient, full-body, weight training workout using barbells, hand weights, bands, and Spri tubes to strengthen and sculpt all muscle groups. Nothing fancy, just basic lifts, leaving no muscle un-worked.

CARDIO MIX class available.

CORE: Compliment your other workouts by devoting 20 minutes to strengthening your abs and lower back to improve posture and core strength.

CYCLE: During the class, you will pedal through hill climbs, sprints, and many other challenging drills and exercises. This class is a fantastic cardiovascular workout, and all levels are welcome. Remember to bring a towel and water bottle! 30 minute class.

FIT CORE: join this high-intensity, low impact class for a combination of strength, cardio, and balance designed to challenge your full body and fire up your core.

Full Body Circuit: Meet us at the circuit machines for a full body lift/cardio class. In 30 minutes you will have used each machine while getting a little cardio in between. All levels welcome!

HATHA YOGA: This class is a gentle and calming class focusing on stretching all areas of the body while releasing stress and tension from the joints and muscles. We use props and breath

awareness to help the body relax. No prior yoga experience required. * = Class is also offered VIRTUALLY

HIGH FITNESS: HIGH Fitness is an emerging leader in group fitness, inspiring people from all walks of life to a lifestyle of better health and overall wellness. HIGH transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love.

HIIT CYCLE EXPRESS: Is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results, burn a mega amount of calories in a short amount of time.

IGNITE CYCLE: this is more than just a regular spin class. It is your weekly retreat to sweat away to fun, energetic music, while surrounded by club lighting and spirited group of people and an instructor that will challenge you. Come join us for the ride of your life!

LES MILLS BODYPUMP: This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Get inspired to get the results you want with great music, an awesome instructor, and your choice of weight.

LES MILLS RPM: a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

LES MILLS SPRINT: This is a 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results... the 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours.

P90X, P90X/HIIT: This is a full-body strength-training format, featuring unique blocks of work: HIIT (High Intensity Interval Training), cardio, upper body strength, and core work This class has a variety of moves, making it easily adaptable to different fitness levels and abilities.

PILATES: Each class will work to balance all muscle groups' strength and flexibility with an emphasis on challenging the core muscles with each movement. Pilates is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

Power Up Kids: class geared towards children 7+ and teens to help build muscular endurance, strength,

balance, and aerobic fitness with games, stations, energetic music, and more! 60 minute class

Ski Conditioning: 45 class focused on lower body, core strengthening, and power development to help improve control and skills on the slopes come winter. Open to all level skiers and snowboarders.

Strength & Stretch: This is an Essentrics class - A dynamic, full-body workout suitable for all fitness levels. It will increase flexibility and mobility for a healthy, toned and pain-free body. Full body rebalancing and improved posture. Barefoot recommended

Tai Chi is mediation in motion with benefits including
* Stress Reduction * Decreased anxiety and depression
* Balance * Agility * Flexibility * Stamina * Enhanced Sleep
* Enhanced immune system * Inflammation * Meditation in motion

TRX: Born in the Navy Seals, suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. The suspension trainer tool promotes mobility and stability. All levels welcome. **TRX Cardio:** This high-energy, fat-burning workout incorporates traditional high and low impact moves with athletic aerobic movements using a variety of equipment. This class will get your heart pumping.

Upbeat Barre focuses on toning and muscle endurance. It's perfect for any and all fitness levels and is set to fun music that keeps you moving and motivated. It's a great no-impact complement to your cardio workouts.

YOGA+CORE: 45 minutes of yoga with focused core work.

YOGA FLOW: This is a multi-level class which includes an easy warm up, sun salutations, and a series of poses incorporating balance. It is designed to work the entire body, to help loosen joints, and to get the blood flowing. This class is good for most levels with modifications available.

YOGA FUNDAMENTALS: this 50 minute class is for those who are new to Yoga, those who desire a slower practice once in a while, and those who want to review proper alignment. The overall pace is slow and steady, with gentle warm-ups and attention to the details of each pose. This class will leave you feeling relaxed. Refreshed, and renewed. All levels welcome.
Class is also offered virtually

ZUMBA: when participants see ZUMBA class in action they can't wait to give it a try. ZUMBA classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring!

Fall 2022 GROUP X SCHEDULE STARTS SEPTEMBER 6, 2022
CAPITAL CITY HEALTH CLUB
1280 N Montana Helena, MT 406-442-6577

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	CCHC LIFT- Michelle	Circuit fitness- Michelle	TRX Cardio- Deb & Michelle	HIGH - Nichole/ Shay	LES MILLS BODYPUMP - Deb D.	Yoga-keely/sarah 10am
	LES MILLS SPRINT - Carol	LES MILLS SPRINT / Adv. Cycle- Marshall	Upbeat Barre-Nicole	LES MILLS SPRINT - Carol	Cardio Kickboxing- Jacki	Upbeat Barre-Nicole 1st/3rd sat 8am
		Cardio Kickboxing- Loretta				HIGH -2nd/4th Sat. 8am
	Les Mills Core virtual-Erika 6:45am	Vinyasa Yoga- Dani		Strength&Stretch- Carol 6:45am		LES MILLS BODYPUMP -Ken 9am
7:00am		CORE- Marshall			Barre+Core express-Jacki 7:05am	ZUMBA 90 - Cayla 10:10am
		Ski conditioning- Kyla				LES MILLS SPRINT 1st/ 2nd Sat. 8am
7:45am		Taiji- Paul		Taiji- Paul		
8:15am		LES MILLS SPRINT - Deb D.		LES MILLS SPRINT - Deb D.		
8:30am	Full body circuit- Janelle		Full body circuit- Janelle		Full body circuit- Janelle	
9:00am	FLEX LIVE! /HIIT- Ami K.	LES MILLS BODYPUMP - Deb D.	FLEX LIVE! /HIIT- Katie	LES MILLS BODYPUMP - Deb D.	FLEX LIVE! /HIIT- Ami	SUNDAY LES MILLS BODYPUMP -Ken 9am
	Hatha Yoga*- Lynn	Barre Express -Mallory	Hatha Yoga*- Lynn	Barre Express -Mallory	Hatha Yoga*-Lynn	
10:10am	Yoga Fundamentals*- Lynn 1hr	Yoga Flow - Keely 10am	Yoga Fundamentals*- Lynn 1hr	HIIT/P90X- Chrissy	Yoga Fundamentals*-Lynn 1hr	
	TRX- Deb D.	HIIT/P90X- Chrissy	TRX- Deb D.		TRX- Loretta	
11:10am	LES MILLS SPRINT - Deb D.	Stretch&Strength-Carol	LES MILLS SPRINT - Deb D.	Stretch&Strength-Carol	HIGH low -Traci	
	ZUMBA -April	LES MILLS BODYPUMP - Dawn	LES MILLS BODYPUMP -Amy O	LES MILLS BODYPUMP -Dawn		
12:10pm	Cardio Kickboxing- Loretta	ZUMBA - Cindy starts Sept 20	Cardio Kickboxing- Loretta	Cardio Mix&CCHC Lift- Kim	Cardio Kickboxing- Loretta	
	Yoga Core-Sarah	CYCLE - Kim	FIT CORE- Sarah	Yoga Flow- Keely	FIT- Christi	CLASS LOCATION LEGEND
	LES MILLS BODYPUMP -Katie	FIT- Christi	ZUMBA -April	LES MILLS SPRINT -Rebecca	ZUMBA -April	CIRCUIT MACHINES
	Cycle-Kyla		LES MILLS RPM -Dawn	LES MILLS SPRINT -Rebecca	LES MILLS SPRINT -Rebecca	GROUP X STUDIO
4:20pm	LES MILLS BODYPUMP - Amy O.		PowerUp kids 7+ w/Chrissy	ZUMBA -Cayla		MIND & BODY STUDIO
5:30pm	IGNITE CYCLE- Kim	Cycling- Jeannie		Cycling- Jeannie		CYCLE STUDIO
	HIGH fitness - Nicole&Shay	ZUMBA -Cayla	Vinyasa Yoga- Dani	Cardio Kickboxing- Stacy		Virtual via zoom
		Yoga- Melanie				GYMNASIUM
		Cardio Kickboxing- Stacy				

Please check the LIVE SCHEDULE @ capcity.club for updated classes. All class descriptions and locations are on the back. Classes are subject to change. All classes are based off instructor availability. EFFECTIVE SEPTEMBER 6 2022.