

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.

Chakra Yoga: Yoga flow with focus on one of seven chakras. The chakras starts at the base of the spine and continues to the top. Spinal alignment is the foundation of each class. The practice builds awareness and rejuvenates a particular part of your body. Don't worry if you miss a class on a chakra. Yoga flow ensures each chakra is engaged in all classes

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.

Cycle/Strength: 30 minutes HIIT cycle followed by 20 minutes of lifting. Full body workout.

Family Yoga:

Get ready to have fun with your family. All ages and abilities are welcome. The class is energetic with lots of movement. With both individual poses and ones to try with your family, the intention is to leave you smiling and with a happier body.

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.

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 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.

Stretch & Back Mitra- This class is designed to stretch all areas of the body to release stress and tension. Class will also include using the back Mitra prop.

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

Taiji- 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 Taiji Quan QiGong

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.

Work-it-circuit -This class isn't your typical circuit. Using a block system each block will be comprised of different cardio and weight exercises. Each block will be repeated to offer an exceptional workout! This class is a full body burner!

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!

Winter 2024 GROUP X SCHEDULE STARTS January 2, 2024

CAPITAL CITY HEALTH CLUB

1280 N Montana Helena, MT 406-442-6577

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	CCHC LIFT- Vicki/Michelle	Circuit fitness- Michelle	TRX Cardio- Deb/ Michelle	HIGH - Nichole/ Shay	LES MILLS BODYPUMP - Deb D.	HIGH - Nichole& Shay 2nd/4th 8am
	Strength&Stretch- Carol	Vinyasa Yoga- Dani	Upbeat Barre-Nicole	LES MILLS sprint - Carol	Chakra Yoga Flow- Julie	LES MILLS Upbeat Barre-Nicole 1st/3rd 8am
	Cycle 45- Rebecca	LES MILLS sprint / Adv. Cycle- Marshall	Cycle Strength- Rebecca		Cardio Kickboxing- Jacki	LES MILLS BODYPUMP -Ken 9am
	Les Mills Core virtual-Erika 6:45am	Cardio Kickboxing- Loretta		Strength&Stretch- Carol 6:45am		Yoga-keely/sarah 10am
7:00am		CORE- Marshall	Cycle 45- Kyla		Stretch & back mitra- Jacki 7:05am	ZUMBA 90 - Cindy/Cayla 10:15am
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	Full body circuit- Janelle	Full body circuit- Janelle	
9:00am	PECOX /HIIT- Ami K.	LES MILLS BODYPUMP - Deb D.	PECOX /HIIT- Katie	LES MILLS BODYPUMP - Katie	PECOX /HIIT- Ami	SUNDAY
	Hatha Yoga*- Lynn	Barre Express -Karey	Hatha Yoga*- Lynn	Barre Express -Karey	Hatha Yoga*- Lynn	LES MILLS BODYPUMP -Ken 9am
10:10am	TRX- Deb D.	Yoga Flow - Keely 10am	TRX- Deb D.	Rock N Roll HIIT cycle- Mallory	TRX- Loretta	Family Yoga- Julie 9am 1st sunday
	Yoga Fundamentals*- Lynn	Rock N Roll HIIT cycle- Mallory	Yoga Fundamentals*- Lynn		Yoga Fundamentals*- Lynn	HIIT -Brandy 2nd&4th 10:10am
11:10am	ZUMBA -April	LES MILLS BODYPUMP - Dawn	LES MILLS sprint - Deb D.	Stretch&Strength-Carol		
	LES MILLS sprint - Deb D.	Stretch&Strength-Carol				CLASS LOCATION LEGEND
12:10pm	LES MILLS BODYPUMP -Katie	TRX- Mal	ZUMBA -April	LES MILLS BODYPUMP -Dawn	ZUMBA -April	GROUP X STUDIO
	Yoga Core-Sarah/Glade	FIT- Christi	FIT CORE- Sarah/Glade	Yoga Flow- Keely	FIT- Christi	MIND & BODY STUDIO
	Cardio Kickboxing- Loretta		LES MILLS RPM -Dawn		LES MILLS RPM -Dawn	CYCLE STUDIO
			Cardio Kickboxing- Loretta		Cardio Kickboxing- Loretta	*Virtual* via zoom
4:20pm	LES MILLS BODYPUMP - McKinley	LES MILLS BODYPUMP - McKinley	LES MILLS BODYPUMP - Vicky	ZUMBA -Cayla		GYMNASIUM
5:30pm	HIGH - Nichole/ Shay	ZUMBA -Cayla	HIIT- Brandy	LES MILLS BODYPUMP- Vicky		CIRCUIT MACHINES
	Taiji- Paul	Yoga- Melanie	Vinyasa Yoga- Dani	FIT- Glade		
	Ignite Cycle- Kim	Cycling- Jeannie	Cycling- Kim	Cycling- Jeannie		

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 January 2, 2024.