

Monday 1/19	Tuesday 1/20	Wednesday 1/21	Thursday 1/22	Friday 1/23	Saturday 1/24
6:15-7:15 CrossFit TL <i>Teagan Tilbrook</i>	6:30-7:15 Sunrise Pilates S3 <i>Katria Mayfield</i>	6:15-7:15 Hybrid Conditioning TL <i>AJ Tan</i>	6:30-7:15 Les Mills Body Pump S1 <i>Tristen Stansbury</i>	6:16-7:15 CrossFit TL <i>Teagan Tilbrook</i>	
6:30-7:15 Sunrise Yoga S3 <i>Sophie Roush</i>	6:30-7:15 Sunrise Cycle CS <i>Hannah Kohm</i>	6:30-7:15 Les Mills Body Balance S3 <i>Tristen Stansbury</i>	7:30-8:15 Pilates S3 <i>Alicia Anderes</i>	6:30-7:30 Sunrise Cycle Pilates Fusion CS <i>Hannah Kohm</i>	
12:15-1:00 Les Mills Body Balance S3 <i>Olivia Stevens</i>	12:15-1:00 Les Mills Body Pump S1 <i>Nikki Kilian & Josie Hanson</i>	12:15-12:45 Lunchtime Step S1 <i>Nikki Kilian</i>	12:15-1:00 Lunchtime Pilates S3 <i>Hannah Kohm</i>	12:15-1:00 Surprise Format Fridays S1 <i>Nikki Kilian & Josie Hanson</i>	10:00-11:00 Surprise Saturdays S1 <i>Instructor Varies</i>
4:00-4:20 Pilates S3 <i>Olivia Stevens</i>	4:00-4:20 Vinyasa Yoga S3 <i>Sophie Roush</i>	4:00-4:45 Cardio Dance S1 <i>Nikki Kilian</i>	4:00-4:20 Power Pilates S3 <i>Katria Mayfield</i>	4:00-4:20 Power Pilates S3 <i>Olivia Stevens</i>	
4:00-4:20 CrossFit S2 <i>AJ Tan</i>				4:00-4:20 Kettlebells S2 <i>Simon Smithley</i>	
4:10-4:30 Les Mills Body Pump S1 <i>Alexandra Kelley</i>	4:10-4:30 Total Body Tone S2 <i>Emily Longstreh</i>	4:00-4:45 Kettlebells S2 <i>AJ Tan</i>	4:10-4:30 Step S1 <i>Emily Longstreh</i>	4:10-4:30 Les Mills Body Pump S1 <i>Tristen Stansbury</i>	
4:30-4:50 Les Mills Core S2 <i>Josie Hanson</i>	4:30-4:50 Barre S1 <i>Addison Fisher</i>	4:15-4:45 Studio Cycle Express CS <i>Alexandra Kelley</i>	4:30-4:50 Rhythm Ride CS <i>Hannah Kohm</i>	4:30-4:50 Studio Cycle Express CS <i>Nikki Kilian</i>	
4:40-5:00 Barre S1 <i>Alicia Anderes</i>	4:40-5:00 Les Mills Core S2 <i>Emily Longstreh</i>		4:40-5:00 Pilates S3 <i>Katria Mayfield</i>	4:40-5:00 Les Mills Body Balance S3 <i>Olivia Stevens</i>	
5:00-5:20 Les Mills Body Balance S3 <i>Josie Hanson</i>	5:00-5:20 Les Mills Body Balance S3 <i>Alicia Anderes</i>	5:00-5:45 Pilates S3 <i>Alicia Anderes</i>	5:00-5:20 Barre Pilates Fusion S1 <i>Sophie Roush</i>	5:00-5:20 Les Mills Core S2 <i>Josie Hanson</i>	
5:10-5:30 Total Body Tone S2 <i>Teagan Tilbrook</i>	5:10-5:30 Step S1 <i>Emily Longstreh</i>	5:00-5:45 Les Mills Core S2 <i>Alexandra Kelley</i>	5:10-5:30 Les Mills Core S2 <i>Emily Longstreh</i>	5:10-5:30 Vinyasa Yoga S3 <i>Sophie Roush</i>	
5:30-5:50 Cardio Dance S1 <i>Sophie Roush</i>	5:30-5:50 Rhythm Ride CS <i>Hannah Kohm</i>	5:00-6:00 CrossFit DP <i>Josie Hanson</i>	5:10-5:30 Boxing S4 <i>Simon Smithley</i>	5:30-5:50 Step S1 <i>Tristen Stansbury</i>	
	5:30-5:50 Boxing S4 <i>Simon Smithley</i>		5:30-5:50 Les Mills Body Pump S1 <i>Josie Hanson</i>		
5:40-6:00 Les Mills Body Balance S3 <i>Tristen Stansbury</i>	5:40-6:00 Les Mills Body Pump S1 <i>Alexandra Kelley</i>		5:40-6:00 Studio Cycle Express CS <i>Hannah Kohm</i>	5:40-6:00 Studio Cycle Express CS <i>Olivia Stevens</i>	
6:00-6:20 Rhythm Ride CS <i>Hannah Kohm</i>	6:00-6:20 Les Mills Core S2 <i>Katria Mayfield</i>		6:00-6:20 Vinyasa Yoga S3 <i>Sophie Roush</i>	6:00-6:20 Les Mills Body Balance S3 <i>Tristen Stansbury</i>	
6:10-6:30 Les Mills Core S2 <i>Josie Hanson</i>	6:10-6:30 Studio Cycle Express CS <i>Alexandra Kelley</i>		6:00-6:20 Kettlebells S2 <i>AJ Tan</i>	6:10-6:30 Pilates S3 <i>Olivia Stevens</i>	
6:30-6:50 Step S1 <i>Tristen Stansbury</i>	6:30-6:50 Cardio Dance S1 <i>Sophie Roush</i>		6:10-6:30 Les Mills The Trip CS <i>Josie Hanson</i>	6:30-6:50 Cardio Dance S1 <i>Addison Fisher</i>	
6:30-6:50 Boxing S4 <i>Simon Smithley</i>	6:30-6:50 CrossFit S2 <i>AJ Tan</i>		6:30-6:50 Cardio Dance S1 <i>Sophie Roush</i>		
7:00-7:20 Power Pilates S3 <i>Alicia Anderes</i>	7:00-7:20 Pilates S3 <i>Alexandra Kelley</i>		7:00-7:20 Pilates S3 <i>Katria Mayfield</i>		
	7:00-7:45 Late Night Lift DP <i>Abigail Divittorio</i>		7:00-7:45 Late Night Lift DP <i>Travis Bowling</i>		

LIBERTY

LAHAYE RECREATION & FITNESS CENTER

Spring 2026 Group Exercise
Demo Week Schedule

Studio Key

S1 – Studio 1
S2 – Studio 2
S3 – Studio 3
S4 – Studio 4
S5 – Studio 5
CS – Cycle Studio
TL – Training Loft
DP – David's Place

Class Descriptions

Strength:

Les Mills Body Pump – This hour-long class will fly by as you use high repetitions and low weight barbells to squat, press, lunge and more to the rhythm of your favorite upbeat music.

Les Mills Core – Les Mills Core is a focused workout that builds strength, stability, and endurance in your abs, glutes, and back. It's quick, challenging, and designed to improve posture, balance, and overall functional fitness for every level.

Barre – Barre is a totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre delivers a results-driven workout that is fun and dynamic!

Total Body Tone – This class is designed to improve strength and endurance by challenging all your muscle groups. This non-cardio class incorporates a wide variety of the best dumbbell, kettlebell, and bodyweight exercises to help you feel the burn!

Late Night Lift – End your day strong with this 45-minute resistance training class! Learn a wide variety of barbell, dumbbell, and bodyweight strengthening exercises and utilize progressive overload to build total body strength. All levels are welcome!

Cardio:

Studio Cycle Express – Ride your way through this 30-minute simulated class of challenging hills, climbs, sprints, jumps while getting a full body workout.

Cardio Dance – Take a break from homework and lose yourself in the music! This choreographed, dynamic dance class combines a wide range of music genres and is perfect for all levels.

Sunrise Cycle – Start your day with an invigorating cycle workout combining hill climbs, sprints, jumps, and more! You're sure to feel ready for the day after this workout!

Rhythm Ride – Rhythm Ride puts a fresh new spin on traditional cycling classes by incorporating fun choreography on the bike to give you a great workout.

Step – This aerobic workout is no longer a thing of the past! Experience this energizing class using a height-adjustable step to learn fun and powerful combinations on, over and around the step to get the heartrate up!

Les Mills The Trip – Les Mills The Trip is a 40-minute immersive cycling experience that transports you through stunning, ever-changing virtual landscapes, making the workout feel more like an adventure than exercise. With energizing music and captivating visuals, it's a fun, motivating ride that welcomes all fitness levels

Combination:

CrossFit – A dynamic class for all levels from beginner to advanced. The class is built for all levels and no previous CrossFit or barbell training is needed to participate.

Power Pilates – A class with a twist on the classic Pilates! In addition to everything you love from Pilates, Power Pilates incorporates dynamic high intensity intervals to get your heart rate up, help you burn fat, and leave sweaty and feeling accomplished!

Barre Pilates Fusion – Combine the benefits of both Pilates and Barre by completing toning and precise strengthening exercises with the use of the barre. Inspired by exercises used by dancers, this class is sure to improve core and leg strength.

Cycle Pilates Fusion – Total body conditioning and stretching on the mat meets the cardio on the bike! This class begins with a 30-minute ride to get the blood pumping, then move to the mat for 30 minutes of Pilates to strengthen the entire body.

Surprise Format Friday/Saturday – Surprise Format classes deliver a weekly shake-up with varied workouts and rotating instructors, creating a playful and energizing class environment. It's a great opportunity to break out of your comfort zone, explore new training styles, and keep your workouts exciting.

Mind/Body:

Body Balance – Les Mills Body Balance is a yoga-inspired class that combines Tai Chi, Pilates, and stretching to improve flexibility, strength, and calm the mind. Suitable for all levels, it's a low-impact workout that leaves you feeling balanced and refreshed.

Pilates – Relax the mind, strengthen the core. This class will incorporate everything from core strength to total body conditioning and stretching using the principles of Pilates to help you achieve a balanced, toned physique.

Sunrise Pilates – Get a jump start on your day with this class as you move through strength and stretching exercises in this hour-long Pilates class.

Restorative Yoga – Enjoy a calming class that focuses on relaxing your body, breathing and mind.

Vinyasa Yoga – A flowing, breath-driven practice where poses link smoothly together to build strength, mobility, and focus. Expect a dynamic sequence that warms the body, quiets the mind, and leaves you feeling balanced and refreshed.