

Monday 1/19		Tuesday 1/20		Wednesday 1/21		Thursday 1/22		Friday 1/23		Saturday 1/24		
6:15-7:15 TL	<b>CrossFit</b> <i>Teagan Tilbrook</i>	6:30-7:15 S3	<b>Sunrise Pilates</b> <i>Katria Mayfield</i>	6:15-7:15 TL	<b>Hybrid Conditioning</b> <i>AJ Tan</i>	6:30-7:15 S1	<b>Les Mills Body Pump</b> <i>Tristen Stansbury</i>	6:16-7:15 TL	<b>CrossFit</b> <i>Teagan Tilbrook</i>			
6:30-7:15 S3	<b>Sunrise Yoga</b> <i>Sophie Roush</i>	6:30-7:15 CS	<b>Sunrise Cycle</b> <i>Hannah Kohm</i>	6:30-7:15 S3	<b>Les Mills Body Balance</b> <i>Tristen Stansbury</i>	7:30-8:15 S3	<b>Pilates</b> <i>Alicia Anderes</i>	6:30-7:30 CS	<b>Sunrise Cycle Pilates Fusion</b> <i>Hannah Kohm</i>			
										10:00-11:00 S1 <b>Surprise Saturdays</b> <i>Instructor Varies</i>		
12:15-1:00 S3	<b>Les Mills Body Balance</b> <i>Olivia Stevens</i>	12:15-1:00 S1	<b>Les Mills Body Pump</b> <i>Nikki Kilian &amp; Josie Hanson</i>	12:15-12:45 S1	<b>Lunchtime Step</b> <i>Nikki Kilian</i>	12:15-1:00 S3	<b>Lunchtime Pilates</b> <i>Hannah Kohm</i>	12:15-1:00 S1	<b>Surprise Format Fridays</b> <i>Nikki Kilian &amp; Josie Hanson</i>			
4:00-4:20 S3	<b>Pilates</b> <i>Olivia Stevens</i>	4:00-4:20 S3	<b>Vinyasa Yoga</b> <i>Sophie Roush</i>	4:00-4:45 S1	<b>Cardio Dance</b> <i>Nikki Kilian</i>	4:00-4:20 S3	<b>Power Pilates</b> <i>Katria Mayfield</i>	4:00-4:20 S3	<b>Power Pilates</b> <i>Olivia Stevens</i>			
4:00-4:20 S2	<b>CrossFit</b> <i>AJ Tan</i>							4:00-4:20 S2	<b>Kettlebells</b> <i>Simon Smithley</i>			
4:10-4:30 S1	<b>Les Mills Body Pump</b> <i>Alexandra Kelley</i>	4:10-4:30 S2	<b>Total Body Tone</b> <i>Emily Longstreth</i>	4:00-4:45 S2	<b>Kettlebells</b> <i>AJ Tan</i>	4:10-4:30 S1	<b>Step</b> <i>Emily Longstreth</i>	4:10-4:30 S1	<b>Les Mills Body Pump</b> <i>Tristen Stansbury</i>			
4:30-4:50 S2	<b>Les Mills Core</b> <i>Josie Hanson</i>	4:30-4:50 S1	<b>Barre</b> <i>Addison Fisher</i>	4:15-4:45 CS	<b>Studio Cycle Express</b> <i>Alexandra Kelley</i>	4:30-4:50 CS	<b>Rhythm Ride</b> <i>Hannah Kohm</i>	4:30-4:50 CS	<b>Studio Cycle Express</b> <i>Nikki Kilian</i>			
4:40-5:00 S1	<b>Barre</b> <i>Alicia Anderes</i>	4:40-5:00 S2	<b>Les Mills Core</b> <i>Emily Longstreth</i>			4:40-5:00 S3	<b>Pilates</b> <i>Katria Mayfield</i>	4:40-5:00 S3	<b>Les Mills Body Balance</b> <i>Olivia Stevens</i>			
5:00-5:20 S3	<b>Les Mills Body Balance</b> <i>Josie Hanson</i>	5:00-5:20 S3	<b>Les Mills Body Balance</b> <i>Alicia Anderes</i>	5:00-5:45 S3	<b>Pilates</b> <i>Alicia Anderes</i>	5:00-5:20 S1	<b>Barre Pilates Fusion</b> <i>Sophie Roush</i>	5:00-5:20 S2	<b>Les Mills Core</b> <i>Josie Hanson</i>			
5:10-5:30 S2	<b>Total Body Tone</b> <i>Teagan Tilbrook</i>	5:10-5:30 S1	<b>Step</b> <i>Emily Longstreth</i>	5:00-5:45 S2	<b>Les Mills Core</b> <i>Alexandra Kelley</i>	5:10-5:30 S2	<b>Les Mills Core</b> <i>Emily Longstreth</i>	5:10-5:30 S3	<b>Vinyasa Yoga</b> <i>Sophie Roush</i>			
5:30-5:50 S1	<b>Cardio Dance</b> <i>Sophie Roush</i>	5:30-5:50 CS	<b>Rhythm Ride</b> <i>Hannah Kohm</i>	5:00-6:00 DP	<b>CrossFit</b> <i>Josie Hanson</i>	5:10-5:30 S4	<b>Boxing</b> <i>Simon Smithley</i>	5:30-5:50 S1	<b>Step</b> <i>Tristen Stansbury</i>			
		5:30-5:50 S4	<b>Boxing</b> <i>Simon Smithley</i>			5:30-5:50 S1	<b>Les Mills Body Pump</b> <i>Josie Hanson</i>					
5:40-6:00 S3	<b>Les Mills Body Balance</b> <i>Tristen Stansbury</i>	5:40-6:00 S1	<b>Les Mills Body Pump</b> <i>Alexandra Kelley</i>			5:40-6:00 CS	<b>Studio Cycle Express</b> <i>Hannah Kohm</i>	5:40-6:00 CS	<b>Studio Cycle Express</b> <i>Olivia Stevens</i>			
6:00-6:20 CS	<b>Rhythm Ride</b> <i>Hannah Kohm</i>	6:00-6:20 S2	<b>Les Mills Core</b> <i>Katria Mayfield</i>			6:00-6:20 S3	<b>Vinyasa Yoga</b> <i>Sophie Roush</i>	6:00-6:20 S3	<b>Les Mills Body Balance</b> <i>Tristen Stansbury</i>			
6:10-6:30 S2	<b>Les Mills Core</b> <i>Josie Hanson</i>	6:10-6:30 CS	<b>Studio Cycle Express</b> <i>Alexandra Kelley</i>			6:00-6:20 S2	<b>Kettlebells</b> <i>AJ Tan</i>	6:10-6:30 S3	<b>Pilates</b> <i>Olivia Stevens</i>			
6:30-6:50 S1	<b>Step</b> <i>Tristen Stansbury</i>	6:30-6:50 S1	<b>Cardio Dance</b> <i>Sophie Roush</i>			6:10-6:30 CS	<b>Les Mills The Trip</b> <i>Josie Hanson</i>	6:30-6:50 S1	<b>Cardio Dance</b> <i>Addison Fischer</i>			
6:30-6:50 S4	<b>Boxing</b> <i>Simon Smithley</i>	6:30-6:50 S2	<b>CrossFit</b> <i>AJ Tan</i>			6:30-6:50 S1	<b>Cardio Dance</b> <i>Sophie Roush</i>					
7:00-7:20 S3	<b>Power Pilates</b> <i>Alicia Anderes</i>	7:00-7:20 S3	<b>Pilates</b> <i>Alexandra Kelley</i>			7:00-7:20 S3	<b>Pilates</b> <i>Katria Mayfield</i>					
		7:00-7:45 DP	<b>Late Night Lift</b> <i>Abigail Divittorio</i>			7:00-7:45 DP	<b>Late Night Lift</b> <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
<p><b><u>Strength:</u></b></p> <p><b>Les Mills Body Pump</b> – 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.</p> <p><b>Les Mills Core</b> – 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.</p> <p><b>Barre</b>– 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!</p> <p><b>Total Body Tone</b> – 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!</p> <p><b>Late Night Lift</b> – 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!</p> <p><b><u>Cardio:</u></b></p> <p><b>Studio Cycle Express</b>- Ride your way through this 30-minute simulated class of challenging hills, climbs, sprints, jumps while getting a full body workout.</p> <p><b>Cardio Dance</b> – 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.</p> <p><b>Sunrise Cycle</b> – 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!</p> <p><b>Rhythm Ride</b> – Rhythm Ride puts a fresh new spin on traditional cycling classes by incorporating fun choreography on the bike to give you a great workout.</p> <p><b>Step</b> – 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!</p> <p><b>Les Mills The Trip</b> – 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</p> <p><b><u>Combination:</u></b></p> <p><b>CrossFit</b> – 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.</p> <p><b>Power Pilates</b> – 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!</p> <p><b>Barre Pilates Fusion</b> – 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.</p> <p><b>Cycle Pilates Fusion</b> – 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.</p> <p><b>Surprise Format Friday/Saturday</b> – 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.</p> <p><b><u>Mind/Body:</u></b></p> <p><b>Body Balance</b> -- 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.</p> <p><b>Pilates</b> – 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.</p> <p><b>Sunrise Pilates</b> – Get a jump start on your day with this class as you move through strength and stretching exercises in this hour-long Pilates class.</p> <p><b>Restorative Yoga</b> – Enjoy a calming class that focuses on relaxing your body, breathing and mind.</p> <p><b>Vinyasa Yoga</b> – 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.</p>