

# Group & Virtual Fitness Schedule



9119 Merrill Road  
Jacksonville, FL 32225  
904.575.3710

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am <b>LES MILLS BODYCOMBAT</b>	5:30 am SPIN (Jen)		5:30 am SPIN (Jen)	6:00 am <b>LES MILLS CXWORX</b>	
7:00 am Yoga (Sandi)	7:00 am <b>LES MILLS BODYPUMP</b>	7:00 am <b>LES MILLS BODYCOMBAT</b>	7:00 am <b>LES MILLS CXWORX</b>	7:00 am Yoga (Mandy F.)	
		8:00 am Yoga (Euboea B.)	8:30 am <b>LES MILLS BODYCOMBAT</b>	8:30 am Pilates (Shannon B.)	8:00 am <b>LES MILLS BODYPUMP</b>
9:00 am BodyPump (Sandi L.)	9:00 am SPIN (Sandi L.)		9:00 am SPIN (Heidi)		9:00 am SPIN (Heidi)
10:00 am Core (Shannon B.)	9:30 am CXWorx (Donna C.)	9:30 am Aura (Shannon B.)	9:30 am BodyStep (Donna C.)	9:30 am Aura (Shannon B.)	
10:30 am Aura (Shannon B.)	10:30 am Boot Camp (Heidi)	10:30 am Yoga (Shannon B.)	10:30 am <b>LES MILLS CXWORX</b>	10:30 am Yoga (Shannon B.)	10:30 am Yoga (Euboea)
12:00 pm <b>LES MILLS CXWORX</b>	12:00 pm Yoga (Judy S.)	12:00 pm <b>LES MILLS CXWORX</b>	12:00 pm Yoga (Judy S.)	12:00 pm <b>LES MILLS BODYFLOW</b>	12:00 pm <b>LES MILLS BODYCOMBAT</b>
4:00 pm <b>LES MILLS BODYPUMP</b>	4:00 pm <b>LES MILLS BODYFLOW</b>	4:00 pm <b>LES MILLS BODYFLOW</b>			
5:00 pm <b>LES MILLS BODYCOMBAT</b>	5:00 pm <b>LES MILLS CXWORX</b>	5:00 pm <b>LES MILLS BODYPUMP</b>	5:00 pm <b>LES MILLS BODYFLOW</b>	5:30 pm - Happy Hour Yoga (Jeff L.)	
6:00 pm SPIN (Murph)	6:00 pm SPIN (Heidi)	6:00 pm Power Yoga (Mandy F.)	6:00 pm SPIN (Murph)		9:00 am SPIN (Murph)
6:00 pm CXWorx (Donna C.)	6:00 pm BodyPump (Sandi)	7:00 pm SPIN (Sandi)	6:00 pm Step (Sandi L.)		10:00 am ZUMBA (Valerie)
7:00 pm ZUMBA (Valerie B.)	7:15 pm Deep Stretch (Jeff)	7:00 pm Hip Hop (Tenisha A.)	7:15 pm Deep Stretch (Jeff)	7:00 pm Hip Hop (Tenisha)	

**Sunday**

- Aura
- Boot Camp
- Core
- Deep Stretch
- Hip Hop
- Pilates
- Power Yoga
- Spivi Spin
- Step
- Yoga
- Zumba



# Group & Virtual Class Descriptions



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- Aura:** FUN, FIT, SEXY: Aura Cardio and Chair Dance is the next big trend in fitness! Easy to follow cardio dance routines that improve strength, balance and the cardio respiratory system. Many routines utilize a folding chair adding a whole new element of strength, coordination and a touch of sexy!
- Boot Camp:** Get fit with a new challenge! Add strength, muscle endurance, and flexibility into your cardio workout. Be ready to work! (50 minutes)
- Core:** This class focuses on your abdominal muscles, obliques and lower back as well as balance. Appropriate for all levels (30 minutes)
- Deep Stretch:** Deep Stretch is designed to loosen tight and/or overworked muscles. It helps mitigate aches and pains while increasing flexibility and focus. Appropriate for all levels (55 minutes)
- Hip Hop:** Jump into some hip hop then add a twist of southern flavor and pride! Sustained movements and hard hitting isolation over a bed of hip hop music, past favorites and hot new hits! (50 minutes)
- Les Mills BodyFlow:** A Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. (50 minutes)
- Les Mills BodyCombat:** A martial arts inspired workout that will get you fighting fit. (50 minutes)  
Please arrive a few minutes early for set up.
- Les Mills BodyPump:** This Les Mills class provides muscular strength & endurance resistance training for all of the major muscle groups; a full body workout using light to moderate weights with lots of repetitions. (50 minutes)
- Les Mills BodyStep:** Athletic class combining basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. (50 minutes)
- Les Mills CXWORKS:** Strengthen and tone your abs, glutes, back and obliques. (30 minutes)
- Pilates:** Develop optimal core control. Contributes to flat abdominals, slender thighs and a strong back. Challenging yet safe. (50 minutes)
- Power Yoga:** Power Yoga is an intense workout that will make you sweat. A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa.
- Spivi Spin:** If you want cardio, we will give you cardio! Join our enthusiastic team of indoor cyclists for the ride of your life. Your journey will include hill climbing, sprints, jumps and runs, incorporated with all types of music... and it's FULLY INTERACTIVE!!! You set the pace. You control the intensity level. (30 to 45-minute rides)
- Step:** A full-body cardio workout to really tone your glutes and thighs. (50 minutes)
- Yoga:** Deep isolated stretches that will improve tone, strength, balance and flexibility. You will leave feeling energized as well as stress-free and relaxed. (50 minutes)
- Zumba:** High Energy Dance Fitness... Latin dance moves including the Mamba, the Cha Cha Cha and the Meringue. No dance experience needed, just the desire to have fun. The music is intoxicating and the moves are easy to follow. You won't even realize that you just worked out! (50 minutes)

ALL LEVELS WELCOME \*Water bottle and towel are required for Indoor Cycling classes.  
New riders, please come 10 minutes early for bike set-up.  
You can always find the most current schedule online at [www.asanawellness.com](http://www.asanawellness.com).

**Anything Goes** – Trainers choice! Using any of the formats listed below and adding their own flavor! Appropriate for all fitness levels.

**Suples** – Functional Bulgarian Bag training using strength training, plyometric weight training, cardiovascular training, and general physical fitness.

**Cross Circuit** – Circuit workout centered around the state of the art Cybex Strive machines combined with timed cardiovascular intervals! This full body strength training class is appropriate for all fitness levels.

**H.I.I.T.** - High intensity interval training (HIIT) is a form of exercise characterized by periods of hard work followed by brief periods of recovery or rest.

**K2 Warfare**– Circuit based, multi-station functional training class conducted outside in our “Yard” on our K2, the ultimate training center!

**ZUU/Ankorr** - Take our ZUU format using dynamic, primal pattern bodyweight training movements and add a one of a kind harness system that will challenge the body in every angle possible. If you looking for intense, hard core training, this class is for you!