

# IMMERSIVE STUDIO SCHEDULE MAR. II-MAR. 17

## Monday

**LES MILLS** \*  
**RPM**

5:30AM - 6:15AM

**LES MILLS** \*  
**barre**

6:30AM - 7:00AM

**LES MILLS** \*  
**RPM**

8:45AM - 9:30AM

**ROOM**  
**RESERVATION**

9:30AM - 12:15PM

**Silver Sneakers**  
**Classic**

12:30PM - 1:15PM

**ON DEMAND** \*

1:30PM - 4:15PM

**Pilates Reformer**

4:30PM - 5:30PM

**ON DEMAND** \*

6:00PM - 9:30PM

## Tuesday

**ON DEMAND** \*

5:30AM - 7:30AM

**Silver Sneakers**  
**Classic**

8:00AM - 8:45AM

**ON DEMAND** \*

9:00AM - 10:15AM

**Pilates Reformer**  
**Beginner**

10:30AM - 11:15AM

**ON DEMAND** \*

11:30AM - 5:00PM

**LES MILLS** \*  
**RPM**

5:15PM - 6:00PM

**Pilates Reformer**

6:30PM - 7:15PM

**ON DEMAND** \*

7:30PM - 9:30PM

## Wednesday

**LES MILLS** \*  
**RPM**

5:30AM - 6:15AM

**ON DEMAND** \*

6:20AM - 7:30AM

**LES MILLS** \*  
**BODYBALANCE**

8:00AM - 9:00AM

**ROOM**  
**RESERVATION**

10:00AM - 12:15PM

**Silver Sneakers**  
**Classic**

12:30PM - 1:15PM

**Chair Yoga**

1:15PM - 1:45PM

**ON DEMAND** \*

2:00PM - 6:30PM

**Yoga**

7:00PM - 8:00PM

**ON DEMAND**

8:30PM - 9:30PM

## Thursday

**ON DEMAND** \*

5:30AM - 7:30AM

**Silver Sneakers**  
**Classic**

8:00AM - 8:45AM

**ON DEMAND** \*

9:15AM - 12:00PM

**Pilates Reformer**  
**Beginner**

12:15PM - 1:00PM

**ON DEMAND** \*

1:15PM - 3:45PM

**Yoga**

4:00PM - 5:00PM

**GROUP CYCLE** \*

5:15PM - 6:00PM

**Pilates Reformer**  
**Beginner**

6:30PM - 7:15PM

7:30PM - 8:15PM

**ON DEMAND** \*

8:30PM - 9:30PM

## Friday

**LES MILLS** \*  
**THE TRIP**

5:30AM - 6:15AM

**LES MILLS** \*  
**barre**

6:20AM - 6:50AM

**ON DEMAND** \*

7:00AM - 8:00AM

**Yoga**

8:15AM - 9:15AM

**LES MILLS** \*  
**RPM**

9:45AM - 10:30AM

**LES MILLS** \*  
**CORE**

10:35PM - 11:05AM

**ROOM**  
**RESERVATION**

12:00PM - 8:00PM

**ON DEMAND**

8:30PM - 9:30PM

## Saturday

**ON DEMAND** \*

6:30AM - 7:30PM

## Sunday

**ON DEMAND** \*

6:30AM - 7:30PM

**\*Requires Premium Membership Add On**  
**Drop-In Daily rates are available**

- Stop by or Call Guest Services for information on Premium Membership Add On. (651-982-2468)
- Reservations may be made up to 24 hours in advance. Stop by or Call Guest Services to reserve ON DEMAND time.
- Schedule will be updated weekly and subject to change.



# VIRTUAL CLASS DESCRIPTIONS

## FITNESS WITH FLEX APPEAL

Experience group fitness in a new way! With our new immersive studio experience, you will get a world-class workout, when it fits your schedule!

Our virtual studio creates a cinematic experience with a large projection screen, top of the line stereo equipment, and studio lighting.

Virtual Classes are often less busy than instructor-led classes and run throughout the day. Virtual options are perfect for those who need more flexibility in their workout routine.

These classes are also perfect for our members who are new to group fitness. With a virtual workout, members can try a class to get familiar before jumping into Live Classes!

Premium Membership Add-On includes all cycle classes, virtual classes, On-Demand flexibility and towel service.

Standard Member Add-On \$30/month

Senior Member (62+) \$20/month

Household Members \$50/month

Daily Drop In \$12 (member) \$20 (non member of the Rookery)



**THE ROOKERY**  
ACTIVITY CENTER

**ENDURANCE**  
FITNESS OF MIND

### **LES MILLS BODYATTACK**

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### **LES MILLS BODYBALANCE**

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

### **LES MILLS BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

### **LES MILLS RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

### **LES MILLS barre**

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

### **LES MILLS SH'BAM**

Fun-loving and insanely addictive dance workout. No dance experience required!

### **LES MILLS BODYBALANCE** | TUTORIAL

This 20-minute introductory tutorial is the perfect first step on your BODYBALANCE journey.

### **LES MILLS BODYCOMBAT** | TUTORIAL

This 25-minute introductory tutorial is the perfect first step on your BODYCOMBAT journey.

### **BORN TO MOVE**

Children will develop self-awareness, balance, coordination and concentration... skills as they interpret music, explore and move to a beat.

### **LES MILLS GRIT** | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

### **LES MILLS GRIT** | CARDIO

High-intensity interval training that improves cardiovascular fitness.

### **LES MILLS THE TRIP**

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

### **LES MILLS CORE**

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.