LesMills Sprint
Yoga Elite
ZUMBA

Classes Changes and NEW! Classes Highlighted Below

POWERHOUSE GYM Stuart, Fl

November 2026



WE'RE OPEN
Gym Hours
7am-2pm
Kids Club
8am-1pm

LesMILLS BODYPUMP
LesMILLS BODYCOMBAT
POWERHOUSE GYM BOOTCAMP

Studio/Member	Monday	Time
Training/ Platinum	BOOTCAMP 💪 🔥 Stephanie	5:15-6:00AM
Training/ Platinum	BOOTCAMP 💪 🔥 Jackie	7:30-8:15AM
Training/ Platinum	BOOTCAMP 💪 🔥 Ryan	8:30-9:15AM
Group-X/ Gold	BodyPump 💪 Julianne	8:30-9:30AM
Cycle/ Gold	Spin 🚴 Traci	9:30-10:15AM
Yoga/Platinum	Stretch & Mobility 🧘 Lauren H	9:30-10:25AM
Group-X/ Gold	Zumba 💃 Jenn	9:45-10:45AM
Yoga/Platinum	Slow Flow 🧘 Lauren H	10:30-11:25AM
Group-X/ Gold	Level 1 Basic Senior Fitness 💪 Audrey	11:00-11:45AM
Yoga/Platinum	Restore 🧘 Lauren H	11:30AM-12:25PM
Group-X/ Gold	Pilates 💪 Audrey	12:00-12:45PM
Group-X/ Gold	Level 2 Advanced Senior Fitness 💪 🔥 Audrey	1:00-2:00PM
Yoga/Platinum	Stretch & Mobility 🧘 Lauren H	4:30-5:25PM
Yoga/Platinum	Vinyasa Flow 🧘 Lauren H	5:30-6:25M
Training/ Platinum	BOOTCAMP 💪 🔥 Sarah T	5:30-6:15PM
Cycle/ Gold	Sprint 🚴 Marianne	5:30-6:00PM
Training/ Platinum	Kickboxing 💪 🔥 Jerry	6:30-7:30PM
Group-X/ Gold	Zumba 💃 Francesca	6:30-7:30PM

Studio/Member	Tuesday	Time
Training/ Platinum	BOOTCAMP 💪 🔥 Kelsey/Malea	6:00-6:45AM
Training/ Platinum	BOOTCAMP 💪 🔥 Kelsey	8:30-9:15AM
Group-X/ Gold	Pilates 💪 Audrey	8:30–9:30AM
Training/ Platinum	BOOTCAMP 💪 🔥 Jenna	9:30-10:15AM
Cycle/ Gold	Spin 🚴 Traci	9:30-10:15AM
Yoga/Platinum	Vinyasa Flow 🧘 Lauren H	10:30-11:25AM
Group-X/ Gold	Level 1 Basic Senior Fitness 💪 Audrey	11:00-11:45AM
Yoga/Platinum	Stretch & Mobility 🧘 Lauren H	11:30-12:25PM
Group-X/ Gold	BodySculpt/Audrey	12:00-12:45PM
Group-X/ Gold	BodyPump 💪 Mary Beth	5:30-6:30PM
Training/ Platinum	**BOOTCAMP 💪 🔥 Ezell**	**5:30-6:15PM**
Pickleball Courts	**Drinks for Dinks Open Play 🏓**	**6:00-9:30PM**

Studio/Member	Wednesday	Time
Training/ Platinum	BOOTCAMP 💪 🔥 Stephanie	5:15-6:00AM
Training/ Platinum	BOOTCAMP 💪 🔥 Jackie	7:30-8:15AM
Training/ Platinum	BOOTCAMP 💪 🔥 Stephanie	8:30-9:15AM
Group-X/ Gold	BodyPump 💪 Julianne	8:30-9:30AM
Cycle/ Gold	Spin 🚴 Charisse	9:30-10:15AM
Group-X/ Gold	Zumba 💃 Jenn	9:45-10:45AM
Yoga/Platinum	Yoga Stretch 🧘 Diana	10:30-11:25AM
Group-X/ Gold	Level 1 Basic Senior Fitness 💪 Audrey	11:00-11:45AM
Yoga/Platinum	Slow Flow Vinyasa 🧘 Diana	11:30AM-12:25PM
Group-X/ Gold	Pilates 💪 Audrey	12:00-12:45PM
Group-X/ Gold	Level 2 Advanced Senior Fitness 💪 🔥 Audrey	1:00-2:00PM
Yoga/Platinum	Slow Flow 🧘 Lauren H	4:30-5:25PM
Yoga/Platinum	Vinyasa Flow 🧘 Lauren H	5:30-6:25M
Training/ Platinum	BOOTCAMP 💪 🔥 Kelsey	5:30-6:15PM
Group-X/Gold	BodyCombat 🔥 Julianne	5:30-6:30PM
Training/ Platinum	Kickboxing 💪 🔥 Jerry	6:30-7:30PM
Group-X/ Gold	Sweat & Swagger 💃 Briana	6:30-7:30PM

Studio/Member	Thursday	Time
Training/ Platinum	BOOTCAMP 💪 🔥 Kelsey/Malea	6:00-6:45AM
Training/ Platinum	BOOTCAMP 💪 🔥 Stephanie	8:30-9:15AM
Group-X/ Gold	Zumba 💃 Jenn	8:30-9:30AM
Yoga/Platinum	Slow Flow 🧘 Lauren H	9:30-10:25AM
Training/ Platinum	BOOTCAMP 💪 🔥 Jenna/Kelsey	9:30-10:15AM
Cycle/ Gold	Spin 🚴 Traci	9:30-10:15AM
Group-X/ Gold	Pilates 💪 Audrey	9:45-10:45AM
Yoga/Platinum	Stretch & Mobility 🧘 Lauren H	10:30-11:25AM
Group-X/ Gold	Level 1 Basic Senior Fitness 💪 Audrey	11-11:45AM
Group-X/Gold	**Body Pump 💪 Ryan**	**12:00-12:55PM**
Group-X/ Gold	Tai Chi 🧘 Jeanne	1:00-2:00PM
Group-X/ Gold	Body Pump 💪 Mary Beth	5:30-6:30PM
Training/ Platinum	**BOOTCAMP 💪 🔥 Charisse**	**5:30-6:15PM**
Pickleball Courts	Thirsty Thursday Open Play 🏓 Mark	Starts 6:00PM

Studio/Member	Saturday	Time
Training/Platinum	BOOTCAMP 💪 🔥 Sarah/Charisse /Ryan	9:00-9:45AM
Cycle/ Gold	Sprint 🚴 Marianne	9:00-9:30AM
Group-X/ Gold	BodyPump 💪 Jaden/Mary Beth	9:35-10:35AM
Sunday		
Cycle/ Gold	Spin 🚴 Sarah	9:00-10:00AM
Group-X/ Gold	BodyCombat 🔥 Krista/Jina	9:00-10:00AM
Group-X/ Gold	BodyPump 💪 Jaden/Mary Beth	10:10-11:10AM

💪 **STRENGTH** 🔥 **CARDIO** 🧘 **MIND/BODY** 🏓 **PICKLEBALL**
🚴 **CARDIO INDOOR CYCLE** 💃 **CARDIO DANCE**

Studio/Member	Friday	Time
Training/ Platinum	BOOTCAMP 💪 🔥 Stephanie	5:15-6:00AM
Training/ Platinum	BOOTCAMP 💪 🔥 Jackie/Chris	7:30-8:15AM
Group-X/ Gold	**BodyPump 💪 Julianne**	**8:00-9:00AM**
Training/ Platinum	BOOTCAMP 💪 🔥 Stephanie	8:30-9:15AM
Cycle/ Gold	Spin 🚴 Charisse	9:30-10:15AM
Group-X/ Gold	Zumba 💃 Jenn	9:45-10:45AM
Group-X/ Gold	Level 1 Basic Senior Fitness 💪 Audrey	11:00-11:45AM
Yoga/Platinum	All Levels Yoga 🧘 Diana	11:00-11:55AM
Yoga/Platinum	Gentle Stretch/ Restorative Yoga 🧘 Diana	12:00-12:55PM
Group-X/ Gold	Level 2 Advanced Senior Fitness 💪 🔥 Audrey	12:00-1:00PM



Gym Hours
Mon-Thurs
5:00AM-10:00PM
Fri 5:00 AM–9:00 PM
Sat 7:00 AM–6:00 PM
Sun 7:00 AM – 5:00 PM

Kids Club Hours
Mon–Sun 8:00am-1:00pm
Mon-Thurs 4:00pm – 8:00pm
Fri 4:00pm-6:30pm

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PLATINUM-LEVEL CLASSES

BOOTCAMP combines strength and cardio exercises for a full-body burn that builds strength, endurance and gets your body in shape FAST! Each class is totally different. Our trainers are there to instruct, encourage and keep your form safe.

KICKBOXING borrows techniques from a variety of martial arts, the workouts will help you develop real-world techniques while getting a killer workout! The class rotates through kicking, boxing, and ground drills designed to simulate the short, intense rounds.

GENTLE YOGA is conducive to the meditative practices of mindfulness of action and awareness of breathing. It provides poses that range from gentle to challenging, but done with stable, self-centering energy.

RESTORATIVE YOGA is a gentle and mellow, slow-moving practice with longer holds gives your body a chance to tap into your parasympathetic nervous system, allowing you to experience deeper relaxation and mental clarity.

YOGA STRETCH/STRETCH & MOBILITY Integrating mind-body techniques, functional moves and traditional yoga asanas; this class will focus on neuro-muscular coordination and re-patterning; stretching and releasing tension from muscles, ligaments, body tissue; cultivating functional mobility and stability of the joints.

SLOW FLOW VINYASA YOGA is a style of yoga that offers a gentle and meditative approach to the practice. It involves slow, controlled movements and deep breathing, allowing you to connect with your body and mind on a deeper level.

VINYASA YOGA is conducive to the meditative practices of mindfulness of action and awareness of breathing. It provides poses that range from gentle to challenging, but done with stable, self-centering energy.

ALL LEVELS YOGA welcomes everyone. This class provides modifications, allowing you to adjust the practice to your individual needs and abilities, whether you're just starting out or have years of experience.

GOLD LEVEL CLASSES

LES MILLS BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health

LES MILLS BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

PILATES class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core and glute muscles with each movement. Classes will blend the Classical Pilates Method with exercise variations and by using balls, straps and light weights.

LEVEL 1 BASIC SENIOR FITNESS class is for members with a beginner to basic fitness level and are able to perform moderate physical activity for a 45-minute class. The majority of the class will be performed seated or standing while hanging on to a chair or wall.

LEVEL 2 ADVANCED SENIOR FITNESS class is a challenging one-hour class for the active older adults which will elevate the heart rate, improve strength, aerobic capacity, flexibility and will include advanced balance training.

SPINNING® is a classic low-impact indoor cycling class lasting from 45-55 minutes. Easy on the joints and a challenge on the cardiorespiratory system. The intensity will vary throughout the class thanks to different body positions (standing versus sitting), pedal speed, and resistance.

SWEAT & SWAGGER is a heart-pumping, beat dropping, cardio dance workout that will bring out your inner swag.

LES MILLS SPRINT™ is a short but intense 30-minute indoor cycling class. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest.

TAI CHI is a martial art embracing the mind, body and spirit. Often described as meditation in motion, Tai Chi promotes serenity through gentle flowing movements. Originating in ancient China, it is one of the most effective exercises for health of mind and body.

ZUMBA® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

PICKLEBALL CLASSES & EVENTS

DRINKS FOR DINKS is Open Play Pickleball with beverages. Hit the courts for a night of fun. Open to Gold and Platinum Pickleball Club members.

LEARN-TO-PLAY is a 3-week clinic for anyone who is new to the sport of Pickleball. This clinic will cover the basic strokes, scoring, strategies and rules. Open to members and non-members. Extra charge to attend.

THIRSTY THURSDAY is a little Open Play…a little drinking. Open to all Gold and Platinum Pickleball Club members. Adult beverages will be served.