

GROUP X EXERCISE

Effective: January 14, 2019

DESCRIPTIONS



DANCE FUSION

Dance Fusion will make you move & groove and shimmy & shake! This class is a blend of jazz dance styles that will make your heart and hips happy. The class will be comprised of a warm up and choreography. No dance experience required. Wear comfortable clothing and sneakers (or jazz dance shoes/sneakers) and your brightest smile! See you on the dance floor!



EXTREME FITNESS

If you want to take your conditioning to the next level, our Extreme Fitness class is for you!! This class incorporates high-intensity interval training, a full-body training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, active, recovery periods. This workout is designed to improve your strength and endurance and clear your mind before you start your busy day. This class consists of jumping, throwing and running drills.

CORE + STRENGTH & STAMINA

Maximize your workout time with interval training! We will develop core strength with a combination of isolation & complex movements. Then, add body weight and resistance exercises to build overall stability and endurance. Exercises are individualized for all levels.

TRX FUSION

A high intensity interval training class that incorporates TRX suspension exercises in a circuit format. The time will fly by as you move from station to station, performing exercises that increase endurance while improving strength.

TABATA INTERVAL TRAINING

This dynamic workout begins with a warm-up followed by cardio training techniques and high intensity intervals. Tabata incorporates functional training and core strengthening exercise for an effective total body workout. The class ends with a series of soothing stretches.



BAND SCULPT

A full body conditioning class using resistance loop bands to sculpt and tone the arms, legs, glutes, and core. In this class, no muscle goes untouched. You can expect fat burning results without gaining unwanted muscle mass.



BARRE SCULPT

A mixture of yoga, pilates and ballet inspired, rhythmic movements that will sculpt your body and keep you on your toes.

PILATES BASED MAT

Pilates inspired movements that will reshape your body, improve flexibility, and relax the mind. You will focus on core stability, strength, and balance while enhancing body alignment.



BODY BLAST FUSION

A full body workout incorporating low impact cardio, body weight, hand weights and bands mixed with balance and athletic moves based on principles of strength training. You can expect to gain strength, muscle definition, flexibility, balance and overall mind-body health in this amazing class.



TENNIS STRETCH

Warm up your body before hitting the courts! Tennis is a dynamic sport, so stretching using movement is essential before playing. The purpose of this warm up is to raise body temperature, ready the heart and lungs for exercising, and improve overall muscle function. Increase flexibility through a variety of movements while optimizing a full range of motion in both upper and lower body. Stretching will help you recover faster after play, reduce soreness and prepare you for your next game.

YOGA FOR MEN



Yoga for men is a yoga class geared for men (where it's okay if you can't touch your toes). This class combines core-strengthening, muscle-toning, cardio-working, stress-reducing, clarity-enhancing yoga postures with functional fitness exercises for an amazing workout.



YOGA FLOW, CORE, RESTORE



Connect with your breath as you flow from posture to posture in this moving meditation. Strengthen your core with the use of lightweights, bands and foam rollers. End your practice with a period of restorative meditation. This class is suitable for all levels.

CHAIR YOGA



Practice traditional yoga postures while sitting on a chair. Experience all the benefits of yoga without the need to be on the floor. It is great for beginners and for those recovering from an injury.

STRETCH, STRENGTHEN & BALANCE YOGA



Start your day by "allowing" your body to open slowly. This all levels yoga class focuses on stretching, strengthening and balance, using your breath to bring the posture into your body. Slowly moving, allowing and opening your physical body, decreasing stress, quieting the mind chatter while moving in a "fun" way. Learning to use proper alignment for increased strength and mobility. This practice ends with a restorative meditation.



POSTURAL FITNESS



In order to function optimally, efficiently and free from pain, our musculoskeletal system requires proper alignment. In this class, you will become aware of and correct your individual misalignment, as well as cultivate strength, stability, and balance through the application of gentle stretches, exercises and yoga postures. These simple movements are safe and effective for all, from beginners to elite athletes. Experience your body at its best.

YIN YOGA



A slower paced class suitable for all levels. Postures are held for an average of 2-4 minutes and blended with mindfulness meditation techniques to bring students into greater awareness within the body. The class works to affect connective tissue and organ systems while also increasing flexibility and promoting relaxation. Yin yoga is a great compliment to other active styles of yoga and physical activity.

INTERMEDIATE YOGA



Enhance your practice in this intermediate level hatha yoga class. This class will focus on form and alignment to keep you moving and flowing safely; as well as, provide the opportunity to cultivate strength and flexibility on and off your mat. Modifications will be given for each level. This class is great for advanced beginners to seasoned practitioners.

SCHEDULE ON REVERSE SIDE

NEW GROUP

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EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Tabata Interval Training</i> 7:45am - 8:30am Eva	NEW <i>Band Sculpt</i> 8:00am - 8:55am Jodi	<i>Yoga for Men</i> 7:30am - 8:30am Chris ●■▲	NEW <i>Extreme Fitness</i> 7:45am - 8:30am Eva	NEW <i>Yoga for Men</i> 7:00am - 7:45am Chris ●■▲	NEW <i>Body Blast Fusion</i> 8:00am - 9:00am Katherine
<i>Intermediate Yoga</i> 9:00am - 10:00am Joi ■▲	NEW <i>Barre Sculpt</i> 9:00am - 10:00am Jodi		<i>Yin Yoga</i> 9:00am - 10:00am Lisa L. ●■▲	<i>Core, Strengthen & Stamina</i> 8:00am - 8:55am Katherine	NEW <i>Yoga Flow, Core, Restore</i> 9:15am - 10:15am Karen ●■▲
NEW <i>Dance Fusion</i> 10:15am - 11:15am Joi	<i>Postural Fitness</i> 10:15am - 11:15am Joi ●■▲		NEW <i>Barre Sculpt</i> 10:15am - 11:15am Jodi	<i>Stretch, Strengthen & Balance Yoga</i> 9:15am - 10:15am Sherri ●■▲	
<i>Chair Yoga</i> 1:00pm - 2:00pm Lynn ●■▲		<i>Chair Yoga</i> 1:00pm - 2:00pm Lynn ●■▲		NEW <i>Tennis Stretch</i> 10:30am - 11:00am Katherine	
<i>No Monday classes on January 21st due to the Health Fair</i>	<i>Pilates Based Mat</i> 4:00pm - 5:00pm Danielle				SUNDAY <i>Stretch, Strengthen & Balance Yoga</i> 9:00am - 10:00am Sherri ●■▲

Class Pricing

1 Class	10
25 Classes	225
*Unlimited Month	85

Yoga Levels

- Beginner
- Intermediate
- ▲ Advanced

Guidelines

- Please check in at front desk prior to class.
- Reservations are accepted one week in advance, online or with the front desk staff.
- Class packages are non-refundable.
- Instructors and classes are subject to change.
- **Don't forget to inquire about online booking at the front desk.**

Health Issues

Please mention any physical limitations to the instructor prior to the start of class.

Class Policy

Due to the popularity of our classes, we strongly encourage you to sign up one week in advance and arrive at least 5 minutes early to secure your spot. Anyone who has not arrived 5 minutes before class may lose their spot to those on the waiting list.