

# group fitness SCHEDULE

(sept 5 - jan 2)



Reservations

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
STRETCH STUDIO	<b>9:15 AM</b> Step Challenge  <b>11:15 AM</b> Mat Pilates  <b>5:15 PM</b> WERQ™	<b>9:15 AM</b> Body COMBAT™  <b>10:15 AM</b> LO-Moves  <b>11:45 AM</b> Vinyasa Yoga  <b>7:00 PM</b> Gentle Yoga	<b>9:15 AM</b> WERQ™    <b>5:15 PM</b> WERQ™  <b>7:00 PM</b> Power Yoga	<b>9:15 AM</b> Body COMBAT™    <b>11:45 AM</b> Power Yoga  <b>7:00 PM</b> Yin-Yang Yoga	<b>9:15 AM</b> WERQ™  <b>10:15 AM</b> Barre  <b>4:15 PM</b> Yin-Yang Yoga	      <b>11:15 AM</b> Vinyasa Yoga	      <b>11:45 AM</b> Gentle Yoga
STRENGTH STUDIO	<b>10:30 AM</b> BodyPUMP™  <b>11:30-12 PM</b> CORE™  <b>6:00 PM</b> BodyPUMP™	<b>6:15 AM</b> BodyPUMP™    <b>6:00 PM</b> HIGH-Low™	<b>10:30 AM</b> BodyPUMP™  <b>11:30-12 PM</b> CORE™  <b>6:00 PM</b> BodyPUMP™	<b>6:15 AM</b> BodyPUMP™       <b>6:00 PM</b> Body COMBAT™	<b>10:30 AM</b> BodyPUMP™  <b>11:30-12 PM</b> CORE™  <b>6:00 PM</b> Body COMBAT™	<b>10:00 AM</b> BodyPUMP™	<b>10:00 AM</b> BodyPUMP™  <b>11-11:30 AM</b> CORE™
CYCLE STUDIO		<b>9:15 AM</b> Rhythm Ride	<b>6:15 AM</b> Sunrise Spin	<b>9:15 AM</b> Rhythm Ride	<b>6:15 AM</b> Sunrise Spin		<b>8:45 AM</b> Energy Zones Ride
POOL	<b>10:00 AM</b> H2-Moves		<b>10:00 AM</b> H2-Moves		<b>10:00 AM</b> H2-Moves		<b>8-9:30 AM</b> Adult Swim Workout



## STRETCH STUDIO

**Barre** A barre may imply dance moves, but this class is holistic for all fitness levels to firm, tone, and lengthen with a focus on core, glutes, and legs for strength and balance. Props including a ballet barre, balls, weights, and more are used in this full-body workout class. All levels welcome.

**BodyCOMBAT™** This class is a high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness and burn up to 740 calories in a class. Learn moves from karate, Taekwondo, boxing, Muay Thai, capoeira, kung fu, and more. All levels welcome and encouraged. No experience is needed.

**Gentle Yoga** - Gentle Yoga is a classic Hatha style performed at a slower pace with emphasis on alignment in each pose. Yoga postures are often held for longer times. The class includes time for meditation, breath work, and relaxation. All levels welcome.

**HIGH-Low™** A lower impact workout, HIGH Low is the sister format to our flagship HIGH. Offering impact progressions for every move, HIGH Low is a steady state cardio workout tailored to the individual, by the individual. Highly adaptable to all fitness levels, this lower impact format focuses on the steady state (or aerobic) training zone – the heart rate remains in a manageable yet constant and challenging, aerobic state for the majority of the class.

**LO-Moves** Explore your strength in mind and body as this class is safe, stable, and low-impact to moderate stress on joints. Using props like balls, bands, and free-weights, this is the perfect class for the active older adult, pre/post-natal parent, and injury rehabilitation participant.

**Mat Pilates** This is a great choice for everyone from Pilates beginners to advanced students. The exercises not only build in difficulty, but every exercise can be modified to decrease or increase the level of challenge. Practicing Mat Pilates helps build a strong, balanced body and increases flexibility.

**Power Yoga** This intermediate vinyasa-style class guides students through more advanced postures and creative sequencing. Power links breath to movement and may include arm-balances, inversions and twists to stretch and strengthen the body.

**Step Challenge** This workout, which uses a step platform, increases cardio and muscular endurance. Footwork, long-lever movement, and overall coordination for optimal balance is incorporated. Suitable for all levels.

**WERQ™** This is a fiercely fun dance/fitness format choreographed to pop, rock, and hip-hop music. Movement is repetitive for easy learning and intensities vary for cardio training. The instructor moves and you follow at your own pace so you can let loose in this indoor dance party.

**Yin-Yang Yoga** This class blends two complimentary styles of yoga into one, bringing together the Yang energy of dynamic pose sequencing along with the Yin energy of slow passive holds. The Yang practice will warm you up and assist in building stamina and strength while the Yin practice allows you to slow down, relax, and turn inward. Suitable for all levels.

**Vinyasa Yoga** A creative style where yoga poses are linked together with breath in a flowing sequence. Transitions are what connect one posture to another recognizing the temporary nature of things. The variable nature of a Vinyasa class helps develop a more balanced, flexible, and strong body.

## STRENGTH STUDIO

**BodyPUMP™** Lift weights to the rhythm of the music in this proven muscular strength, endurance, and power-based resistance training workout. The class covers full-body training in the most efficient high-repetition, calorie-burn format with core focus and biomechanics in check! This class is known internationally for drawing a wide range of fitness-goals and limiters. All levels are welcome...come early to get set up.

**CORE™** Who loves a good core workout? YOU will after you try this science-based format for incredible core tone and performance enhancement. Build strength, stamina, and endurance in muscles that support the core, improve balance, assist injury prevention, and simply instill confidence from the inside out.

## POOL

**Adult Swim Workout** If you can swim the length of our 25-meter pool, join this adult workout! Take advantage of structure and technique tips from a coach on the deck. This class is for the pool and open-water swimmer as well as the multi-sport athlete. Recreational and competitive levels welcome in this fun setting.

**H2-Moves** Every movement in the water is met with resistance from the water, which builds muscle, increases flexibility, and allows greater range of motion and circulation. Water supports the body, putting less stress on joints and muscles, while still building strength. A certified instructor teaches from the deck. All levels are welcome in this shallow-pool workout.

## CYCLE STUDIO

**Energy Zones Ride** Personalize your ride as a coach drives you further and faster with our m3i power-based spin bikes. Cardiovascular and muscle gains to be made! All levels welcome.

**Rhythm Ride** Let the music carry you as we ride to the beat, from real road/trail references to an occasional dance move or weight set...anything goes for strength, endurance, and power in and out of the saddle. All levels welcome.

**Sunrise Spin** Wake to the rhythm of the road during this early morning mind-body ride; breath, cadence, power, community...what a way to start the day! All levels welcome.

