

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE JANUARY 1, 2020

MONDAY	Time	Class	Location	Instructor
	9:00-10:00AM	Fusion	Room 2	Mary
	12:15-1:00PM	Power Yoga	Room 2	Chris
	5:30-6:30PM	Cardio Blast	Room 2	Pati
TUESDAY	Time	Class	Location	Instructor
	9:00-10:00AM	180° Boot Camp	Room 2	Lisa
	5:30-6:30PM	Slow Flow Yoga	Room 2	Jennifer
	6:30-7:30PM	Poundfit	Room 2	Stephanie
WEDNESDAY	Time	Class	Location	Instructor
	9:00-10:00AM	Total Body Tabata	Room 2	Lisa
	12:15-1:00PM	Power Yoga	Room 2	Chris
	5:30-6:30PM	Action Packed Abs	Room 2	Lisa
THURSDAY	Time	Class	Location	Instructor
	6:30-7:30AM	Barre Above	Room 2	Pati
	5:30-6:30PM	DDP Yoga	Gym	Heather
FRIDAY	Time	Class	Location	Instructor
	9:00-10:00AM	Fit Happens	Room 2	Kendall
	1:30-2:30PM	All Levels Yoga	Room 2	Ana
	5:30-6:30PM	PiYo Strength	Room 2	Pati
SATURDAY	Time	Class	Location	Instructor
	8:15-9:15AM	Kundalini Yoga	Gym	John K.
	9:15-10:15AM	Weekend Warrior	Gym	Stephanie/ Pati

FITNESS CLASS DESCRIPTIONS

180° Boot Camp: This HIIT (high intensity interval training) strength and conditioning class features different exercises every week. Not only will you increase your endurance, strength, and conditioning, you'll never get bored!

Action Packed Abs: Reach new peaks and overcome plateaus in this fun, yet challenging cardio and core boot camp. You'll utilize your entire body for high intensity training for both muscular strength and endurance and you'll learn how to properly engage your core and teach your body how to work to its full potential.

All Levels Yoga: This class was designed for both the beginner and experienced student, who prefer a class at a relaxed pace. In this class you will use postures and conscious breathing in combination with mental focus to develop awareness through proper alignment and mindfulness of the body.

Athletic Yoga: Develop yourself inside and out in this sweat-inducing class! Perfect for teaching the mind and body to work together. Improve your circulation, flexibility, and overall strength to the core!

Barre Above: A fusion of yoga, Pilates, strength training, and ballet, Barre incorporates specific sequencing patterns and isometric movements that target specific muscle groups, helping to improve strength, balance, flexibility and posture.

CardioBlast: A traditional (semi choreographed) aerobic workout that will get your heart pumping, followed by exercises for total body muscle strengthening.

DDPYoga: DDPY combines traditional yoga positions with calisthenics, sports rehab therapy principles, and dynamic resistance. The result is a low impact, high cardio, total body workout that is suitable for all fitness and ability levels. Classes are loud, interactive, and high energy - this definitely "ain't your mama's yoga!" No previous yoga experience required, beginners welcomed and encouraged.

Fit Happens: An action-packed, full body workout session. This hour will leave you feeling strong, sweaty and ready to make "fit" happen.

Fusion: A comprehensive workout that combines step, stability ball, weights and interval training.

Kundalini Yoga: This class brings balance to the body, mind and soul by harnessing mental, physical and nervous energies of the body. This practice precisely and consciously combines breath,

mudra, eye-focus, mantra, body locks and postures to balance the glandular system, strengthening the nervous system, expanding lung capacity and purifying the blood.

PiYo Strength: PiYo is a unique class designed to build strength, increase balance and flexibility, and improve cardiovascular endurance all at once. This boot camp style class uses yoga and Pilates moves to create an intense overall workout.

Power Yoga: Think you're too tough for Yoga? Think you won't get a real workout? Well, we've got something for you...be prepared to sweat and conquer boundaries! Designed to build strength and sustain focus. Venture into yourself and get ready to see your body change. Not for beginners.

Poundfit: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Slow Flow Yoga: Strong mind, strong body! Focus on using conscious breathing to develop alignment in poses. Helps develop strength and stability while also stimulating the body's relaxation response. Modifications will be provided for new and experienced yogis.

Total Body Tabata: Test your limits and reshape your exercise routine with this proven training method. Start out with Tabata stations then finish off with a strict balance and core challenge for a solid body.

Weekend Warrior: Start your weekend off right with this challenging and fun fitness class. We will focus on interval circuit training, moving from one exercise to the next with little to no break in between. The class will use body-weight movements, dumbbells, and cardio to bring out your weekend warrior.