

Summer Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8 AM Pilates Genii	8 AM Spin Experience Robyn	8 AM HIIT Jessica			
9 AM Cardio Strength Robyn	9 AM Power Yoga Camille	9 AM Tone & Tighten Robyn	9 AM Gentle Yoga Deandra	9 AM Cardio Strength Robyn	9 AM HIIT Jonathan	9 AM Spin Experience Denise
10 AM HIIT Christine	10 AM Barre Flow Camille	10 AM HIIT Stacy	10 AM Restorative*/ Gentle Yoga Deandra	10 AM HIIT Nina	10 AM TRX* Jonathan	10 AM PLYOGA Melissa
11 AM Gentle Yoga Genii	11 AM Tone & Tighten Robyn	11 AM Yin Yoga Sarah	11 AM Spin Experience Kelly			
12 PM Pilates Genii	12 PM Spin Experience Robyn	12 PM Barre Flow Camille	12 PM Nia Beth	12 PM Qi Gong Maria	12 PM Gentle Yoga Angel	
5 PM Nia Beth	5 PM Peaceful Warrior Yoga Wendi		5 PM PLYOGA Melissa			4 PM Qi Gong Maria
6 PM Hatha Deandra		6 PM Pilates Nina				
7 PM Gentle Yoga Deandra		7 PM HIIT Nina				



*Class size limited | All classes are 50-minutes | Classes are subject to change without notice

BarreFlow combines barre fitness, pilates and vinyasa yoga using science of corrective exercise for a complete workout in only 45 minutes. Optional 15 minute guided meditation at the conclusion.

Cardio Strength is a great total body workout for all levels! Using body weight and dumbbells, range of motion and combination exercises will be performed for all the major muscle groups, while sustaining an elevated heart rate.

Gentle Yoga is a slow moving class that targets all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. Few, if any standing postures. This class is perfect for beginners or those who prefer a more mindful practice.

Hatha Yoga is a general yoga class that includes most styles including the practice of asanas (yoga postures) and pranayama (breathing exercises) which help bring peace to the mind and body, preparing the body for life's adventures! Great for all levels.

HIIT or high-intensity interval training, is a training technique in which you perform a various exercises for a short period of time, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time by increasing. Modifications are available so this class is for all levels.

Nia is a barefooted cardio fitness fusion, energizing and conditioning the whole body! Nia blends the precision and strength of the Martial Arts, the creative joy of the Dance Arts and the relaxing and restorative energy of the Healing Arts. Dancing and moving to soul-stirring music, while personalizing your intensity levels, you will tone your body, enhance your mobility, flexibility and balance, reduce stress and increase your personal fitness! Come experience the joy and have fun! Exercise will never be the same again! All levels welcome.

Pilates is performed on the floor, on mats. Pilates exercise aims to improve flexibility and muscle tone, along with the spine and lower back. They also focus on body balance, as well as promoting mind-body awareness.

PLYOGA® is a 4 part interval training system that uses the centered and balanced principles of Yoga as an active recovery for plyometric (reactive) movement. Plyometric movements increase strength, power, endurance and cardiovascular health. Yoga improves core strength, flexibility and mental fitness capacity. Starting with a ballistic warm-up, transitioning into an interval segment, getting briefly CRAZY in our 3rd segment, and then yoga perfection, you will use every movement and core plane evenly during the session. PLYOGA® uses only your body to give you a dynamic, intense and diversified workout. PLYOGA requires hydration, **sneakers** and a personal desire to be stronger than you were yesterday!

Power Yoga is a form of yoga involving stronger movements and constant strenuous poses. Modifications may be available, but be prepared to work hard!

Qi Gong is a branch of Traditional Chinese Medicine that is thousands of years old. It involves simple exercises which combine gentle movements, breathing and the use of your mind to restore both physical and mental health by promoting the smooth and balanced flow of Qi (energy) through your whole system. Each class will incorporate breathing techniques, stretches and flowing movements. It is for all ages and all fitness abilities.

Restorative / Gentle Yoga will feature a sequence that typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. If class size is too large, a gentle class will be held.

Spin Experience will take you on a beautiful journey! Class is performed on indoor cycles to upbeat music, under the careful guidance of your spin coach. You will "climb hills" and "sprint" while maintaining the ability to adjust the intensity to your personal pace and set your own resistance. During class, you will be taking a visual journey through the countryside of France or the hills of California by viewing the beautiful scenery on a high definition video screen. Each class will bring a new experience!

Tone & Tighten uses range of motion exercises for each of the major muscle groups to create long, lean muscles for a defined and healthy look! Class will use weights and body resistance, this is a great workout for all levels.

TRX® Training is a suspension training class performed on weight bearing straps, which allows participants to work against gravity and use their own body weight for resistance. This class is for all levels, with modifications available for every individual. Try this class to improve strength, increase balance, maximize flexibility and develop joint stability!

Peaceful Warrior Yoga takes high intensity interval training to a unique and challenging level. This practice combines the traditional art and beauty of a yoga flow practice with intervals of passive rest performed in dynamic and powerful postures. Increases in strength, flexibility and mental awareness are second to none. The strong emphasis and focus on pranayama (breathing) techniques will follow you outside of class and offer benefits well above and beyond your time on the mat. Warm up includes instruction in basic yoga asana's (postures). Take off your shoes, open your mind, and enjoy the experience.

Yin Yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

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