

# March 2017

## Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:50 AM		<b>Mat Pilates w/Katherine</b> Self Led Mar. 7 & 14		<b>Mat w. Pilatesstick® w/Katherine</b> Self Led Mar. 2, 9, 16	<b>Spinning w/Dena</b>		
8:00-9:00 AM	<b>SpinFLEX w/Katherine</b> Spin w/Dena Mar. 6 & 13		<b>SpinFLEX w/Katherine</b> Spin w/Dena Mar. 1, 8, & 15				
10:00-11:00 AM						<b>Spinning w/Cindy</b> Cancelled Mar. 4 & 25	
10:00-11:15 AM	<b>Restorative/Yin Yoga w/Katherine AL</b> w/Gillian Mar. 6 & 13		<b>Back/Hip Yoga w/Katherine AL</b> w/Gillian Mar. 1, 8, & 15		<b>Mindful Vinyasa w/Katherine L 2</b> w/Gillian Mar. 3, 10, & 17		
10:30-11:15 AM		<b>Senior Weights w/Dena</b>		<b>Senior Weights w/Dena</b>		<b>Senior Weights w/Jessica</b>	
NoonXpress 12:05-12:35 PM	<b>Spinning w/Dena</b>		<b>Spinning w/Dena</b>			<b>CLOSED MONDAY, MARCH 27 SEWARD'S DAY</b>	
NoonXpress 12:05-12:45 PM	<b>Barre w/Katherine</b> Begins Mar. 20		<b>Barre w/Katherine</b> Begins Mar. 22		<b>Barre w/Katherine</b> Begins Mar. 24		
3:00-4:15 PM							
4:30-5:15 PM	<b>Spinning w/Cindy</b>	<b>TRX-Total Body w/Ashlei</b>	<b>Spinning w/Cindy</b> Cancelled Mar. 1 & 29	<b>TRX-Total Body w/Ashlei</b>	<b>Spin-Stretch-Roll w/Courtney</b>	<b><i>SPINNING CLASSES</i></b> <i>(Group Cycling)</i> INSTRUCTED BY ENERGY ZONE- TARGET HEART RATE GOALS: <b>Recovery: 50-65%</b> <b>Endurance: 65-75%</b> <b>Strength: 75-85%</b> <b>Interval: 65-92%</b> <b>Race Day: 80-92%</b> Please wear stiff soled shoes and bring a water bottle!	
5:45-7:00 PM	<b>Hatha Yoga w/Sherry L1</b> w/Gillian Mar. 6, 13, & 20	<b>Let it Roll</b> Hatha Flow/Foam Roller w/Jeanne L2		<b>Easy Does It</b> Restorative Yoga w/Jeanne AL			
6:30-8:00 PM			<b>Acro Jam</b> Unstructured Practice				

# CLASS DESCRIPTIONS

- Acro Jam:** Playful practice that combines acrobatics and yoga. This is an unstructured class to work on things you would like to improve on or trade Thai Yoga Massage. More experienced people give beginners safety tips, advice, and skills to work on. No partner needed. Open mind necessary!
- Barre:** A ballet inspired total body workout that lifts your seat, tones your thighs, abs, and arms and burns fat.
- Back/Hip Yoga:** Therapeutic style asana practice to support a healthy back and hip region followed by myofascial release work.
- Hatha Flow:** A moderate paced practice that encompasses all types of physical yoga with focus on breath and alignment.
- Hatha Yoga:** A typically slower paced practice that encompasses all types of physical yoga.
- Restorative Yin Yoga-** Rejuvenate physically and mentally with a practice that is restorative in nature yet allows for a deep release of connective tissue and unbalanced holding patterns.
- Restorative Yoga (Easy Does It) :** Relax and renew practicing gentle yoga poses using various props to support the body. This class is not about feeling a stretch, it is about reducing stress and restoring mind/body balance.
- Let it Roll:** Hatha Flow practice followed by foam roller and pinky balls.
- Mat w. Pilatesstick:** Intermediate core based class using classical mat exercises and the Pilatesstick to create long, lean muscles.
- Mindful Vinyasa Flow:** Increase strength, flexibility and balance while reducing stress and tension with a conscious and highly energizing physical yoga practice.
- Pilates w. MVe Chair:** Intermediate core based class using the MVe Chair to strengthen the body from the inside out.
- Senior Weights:** Chair based resistance training program for the entire body. Great for beginners too!
- Spin-Stretch-Roll:** 30 min. of low-impact cycling followed by a longer stretching session and foam roller work for myofascial release.
- Spinning:** Group cycling class that uses different energy zones for a fun low impact cardio workout.
- SpinFLEX:** 30 minutes of cycling followed by 25 minutes of resistance training using barbells, dumbbells, and resistance tubing. Participants must show up a few minutes early to set up their weights in group fitness room prior to class start time on Spinning Floor.
- SpinTRX:** 30 minutes of cycling followed by 25 minutes of resistance training. Participants must show up a few minutes early to set up their strap in group fitness room prior to class start time on Spinning Floor. TRX- Limited to 10.
- TRX-Interval:** High Intensity Interval Training using the TRX System and Cardio Intervals (jumping jacks, squat jumps, high knees, etc.) to burn fat and build strength. This workout will get you the results you are looking for in less time. Lo-impact modifications will be offered.
- TRX-Strength:** Resistance training (no cardio intervals) that focuses purely on building strength. Tired of the weight room? Try this!
- TRX-Total Body:** Suspension Training using body weight and the TRX System for a fast and effective total body workout. Limited to 10.
- Undo and Renew:** Gentle yoga practice followed by Restorative poses.

## Yoga Class Ratings

- Level 1 (L1): Beginner Friendly**— Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all backgrounds.
- Level 2 (L2): Intermediate**— Practicing at least 1-2 years. Poses are intermediate and held longer. Practitioner is expected to have a fundamental familiarity with basic postures as well as their body alignment and modify as needed. Newer poses introduced.
- Level 3 (L3): Advanced**— Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.
- All Level (AL):** Great for beginners through advanced practitioners.