

# July 2017 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 AM	TRX w/Emily	Spinning w/Katherine	TRX w/Emily	Spinning w/Katherine	Body Pumping w/Rosmary	<b>SPINNING CLASSES</b> <i>(Group Cycling)</i> INSTRUCTED BY ENERGY ZONE- TARGET HEART RATE GOALS: Recovery: 50-65% Endurance: 65-75% Strength: 75-85% Interval: 65-92% Race Day: 80-92% Please wear stiff soled shoes and bring a water bottle!	
6:00-7:00 AM		Vinyasa Yoga w/Brian L 2		Vinyasa Yoga w/Brian L 2			
7:00-7:45 AM					Spinning w/Dena		
7:00-8:00 AM	SpinFLEX w/Katherine		SpinFLEX w/Katherine				
7:15-8:00 AM		Mat w. Pilatesstick® w/Katherine		Mat w. Pilatesstick® w/Katherine			
9:00-10:15 AM	Restorative Yin Yoga w/Katherine AL						
10:30-11:15 AM		SENIOR WEIGHTS w/Dena		SENIOR WEIGHTS w/Dena			
3:00-4:15 PM							Undo & Renew Gentle/Restorative w/Jeanne/Gillian AL
4:30-5:00 PM							Meditation w/Jeanne AL Cancelled July 16 & 30
5:15-6:15 PM		 w/Kaera		 w/Kaera			
5:30-6:45 PM							Vinyasa Yoga w/Brian L 2
6:15-7:30 PM	Hatha Yoga w/Sherry L1		Hatha Yoga w/Richelle/Gillian L1-2		Gentle Flow w/Christina/Gillian AL		
6:30-7:45 PM		Let it Roll Hatha Flow/Foam Roller w/Jeanne L2		Easy Does It Restorative Yoga w/Jeanne AL		Flow + Restore w/Mackenzie L2	
7:00-8:00 PM							Jazz Funk w/Jarek
7:00-8:30 PM			Acro Jam				
7:45-8:45 PM	Hip Hop w/Jarek						
8:00-8:45 PM		TRX w/Ashlei		TRX w/Ashlei			

  
  


Easy Does it Restorative Yoga on Thursday, July 27  
 AND Gentle Flow on Friday, July 28 are  
 CANCELLED for the Dylan Bernstein workshops.  
 For more information or to register for this  
 amazing event please see May Newsletter or  
 flyers in front lobby!

## 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!

**Back/Hip Yoga:** Therapeutic style asana practice to support a healthy back and hip region followed by myofascial release work.

**Flow + Restore:** Powerful vinyasa style class with a focus in strengthening the entire body, ending with restorative/yin style poses to soak in the energy and heat created in the flow.

**Gentle Flow:** A gentle and calming practice that combines breath with movement.

**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.

**Hip Hop:** A high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Hip hop is an ever-changing medium, and students will learn the most effective movements to stay abreast in modern trends.

**Jazz Funk:** Students will learn the fundamentals of jazz dance, such as isolations, flexibility, and balance. This high energy class is great for beginners, but will have more challenging movements for those more advanced – it's a great workout!

**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) :** Find deep relaxation 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.

**Senior Weights:** Chair based resistance training program for the entire body. Great for beginners too!

**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.

**TRX:** 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.

**Vinyasa Yoga:** Increase strength, flexibility and balance while reducing stress and tension with with a highly energizing physical yoga practice.

**Zumba:** Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop

## 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.