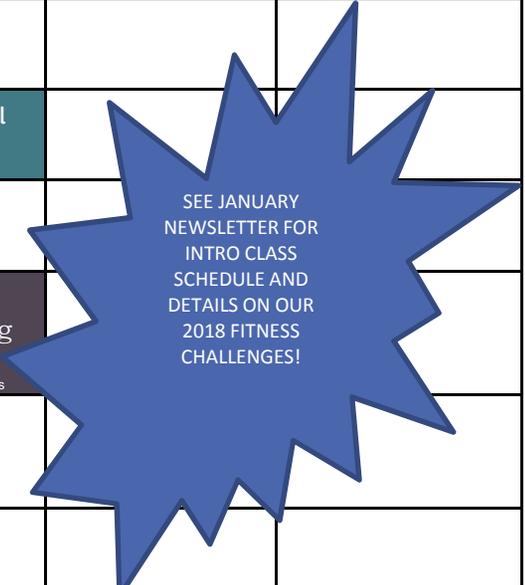


January 2018

Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 AM	SpinFLEX w/Katherine <small>Cancelled Jan. 1</small>	Pilates w. MVe Chair® w/Katherine	SpinFLEX w/Katherine	Mat w. Pilatesstick® w/Katherine			HOLIDAY HOURS: OPEN 10-4 PM NEW YEAR'S DAY OPEN 8 AM-8 PM MLK DAY
8:00-9:30 AM					SpinYOGA w/Katherine		
10:00-11:00 AM						Spinning w/Cindy	
10:00-11:15 AM	Restorative Yin Yoga w/Katherine AL		Back & Hip Yoga w/Katherine L1		Vinyasa Yoga w/Katherine L 1-2		
10:30-11:15 AM		SENIOR WEIGHTS w/Dena		SENIOR WEIGHTS w/Dena			
11:00-NOON						Mat Pilates w/Therese	
NOON XPRESS 12:05-12:45 PM	Spinning w/Dena <small>(sub. Katherine Jan. 1 & 15)</small>	TRX-HITT w/Katherine	Spinning w/Dena	TRX-HITT w/Katherine	Spinning w/Dena		
3:00-4:15 PM							Undo & Renew <small>Gentle & Restorative w/Jeanne AL (sub Katherine Jan. 21 & 28)</small>
4:30-5:15 PM	Spinning w/Cindy <small>Cancelled Jan. 1</small>		Spinning w/Cindy				
4:30-5:30 PM					Spin-Stretch-Roll w/Courtney		
5:30-6:30 PM	Mat Pilates w/Therese <small>Cancelled Jan. 1</small>		Mat Pilates w/Therese				
5:30-6:30 PM			Aerial Conditioning w/Richelle <small>Prerequisite Aerial Fabrics</small>		Aerial Conditioning w/Richelle <small>Prerequisite Aerial Fabrics</small>		
5:45-7:00 PM		Let it Roll <small>Hatha Flow/Foam Roller w/Jeanne L2 (sub. Richelle Jan. 16, 23, 30)</small>		Easy Does It <small>Restorative Yoga w/Jeanne AL (sub. Katherine Jan. 18 & 25)</small>			
6:30-8:00 PM	Acro Yoga Jam						



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.

Gentle Yoga: A gentle and calming practice for all levels. Especially good for beginners.

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.

Let it Roll: Hatha Flow practice followed by foam roller and pinky balls.

Mat Pilates: Beginner to Intermediate core based class using classical mat exercises to create long, lean muscles.

Pilates w. MVe Chair: Intermediate core based class using the MVe Chair to strengthen the body from the inside out.

Mat w. Pilatesstick: Intermediate core based class using classical mat exercises and the Pilatesstick to create long, lean muscles.

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.

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

Spinning: Group cycling class that uses different energy zones and rhythm 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.

Spin Stretch Roll: 35-40 minutes of group cycling followed by stretching and foam roller work in group fitness room.

SpinYOGA: 40 minutes of cycling followed by 30 minutes of beginner friendly yoga ending in a restorative pose.

TRX HIIT: High Intensity Interval Training (HIIT) 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. Low-impact modifications will be offered.

Undo and Renew: Gentle yoga practice followed by Restorative poses.

Vinyasa Yoga: Increase strength, flexibility and balance while reducing stress and tension with an energizing physical yoga practice that focuses on breath and alignment.

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.