

# JANUARY 2018

## SUNDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 1 pm-7 pm

3:00-4:15 pm **Undo and Renew:** Gentle Yoga w/Restorative Poses w/Jeanne- All Level *(with Katherine on January 21 & 28)*

## MONDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

8:00-9:00 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training *(cancelled Jan. 1, in session Jan. 15)*)

10:00-11:15 am **Restorative/Yin Yoga** w/Katherine- All Level *(in session Jan. 1 & 15)*

**NOON Xpress!** **Spinning** w/Dena- 12:05-12:45pm *(with Katherine on January 1 & 15)*

4:30-5:15 pm **Spinning** w/Cindy (cancelled Jan. 1)

5:30-6:30 pm **Mat Pilates** w/Therese (cancelled Jan. 1)

6:30-8:00 pm **Acro Jam** – Designated time and space to practice Acro Yoga- Self Led (cancelled Jan. 1)

7:00-9:00 pm **Soccer for Adults**

Open 10AM-4PM  
January 1 (New Year's Day)

Open 8AM-8PM  
January 15 (MLK Day)

## TUESDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

8:00-9:00 am **Pilates w. MVe Chair®** w/Katherine

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena

**NOON Xpress!** **TRX** - HIIT w/Katherine- 12:05-12:45pm- *High Intensity Interval Training*

5:45-7:00 pm **Let it Roll Yoga** (Hatha Flow w/Foam Roller and Balls) w/Jeanne *(with Richelle on January 16, 23, 30)*

7:00-9:00 pm **Basketball for Adults**

## WEDNESDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

8:00-9:00 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training)

10:00-11:15 am **Back/Hip Yoga** w/Katherine- All Level

**NOON Xpress!** **Spinning** w/Dena- 12:05-12:45pm

4:30-5:15 pm **Spinning** w/Cindy

5:30-6:30 pm **Mat Pilates** w/Therese

5:30-6:30 pm **Aerial Fabric Conditioning** w/ Richelle- Prerequisite- Aerial Fabric Class

PLEASE SEE SEPARATE AFTER SCHOOL  
PROGRAM AND KIDS SCHEDULE FOR CHILD  
AND FAMILY PROGRAMMING

## THURSDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

8:00-9:00 am **Mat Pilates w. Pilatesstick®** w/Katherine

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena

**NOON Xpress!** **TRX** - HIIT w/Katherine- 12:05-12:45pm- *High Intensity Interval Training*

5:45-7:00 pm **Restorative Yoga** w/Jeanne *(with Katherine on January 18 & 25)*

7:00-9:00 pm **Basketball for Adults**

## FRIDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 7pm

8:00-9:30 am **SpinYOGA** w/Katherine (40min. cycling- 45min. Restorative Yin Yoga)

10:00-11:15 am **Vinyasa Yoga** w/Katherine- Level 1-2

**NOON Xpress!** **Spinning** w/Dena- 12:05-12:45pm

4:30-5:30 pm **Spin STRETCH & ROLL** w/Courtney (35-40min. cycling-15-20min. stretch and foam roller work)

5:30-6:30 pm **Aerial Fabric Conditioning** w/ Richelle- Prerequisite- Aerial Fabric Class

## SATURDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 10 am-5 pm

10:00-11:00 am **Spinning** w/Cindy

11:00-12:00 pm **Mat Pilates** w/Therese

## Pick Your Challenge for 2018!

10 week Fitness ★ Pure Pilates 30-60-90 ★ 30 Day Jump Start  
 SEE JANUARY NEWSLETTER FOR DETAILS & INTRO CLASSES