

DECEMBER GROUP FITNESS AND YOGA CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy Holidays!			1 8:15-9am Spin w. Nicholle 9-9:45am PUMP w. Nicholle 9:50-10:15am Stretch w. Nicholle 4:45-5:20pm Spin w. Cindy	2 10:30-11:15am SRFit w. Nicholle 12:30-1:15pm Spin w. Johanna 5:45-7pm Yoga AL w. Gillian	3 10:30-11:15am Spin w. Kendra Closing at 5pm	4 10:30-11:15am Spin w. Cindy
5 3:15-4pm Spinning w. Johanna 4-5:15pm Yoga AL w. Gillian	6 8:15-9am Spin w. Nicholle 9-9:45am PUMP w. Nicholle 9:50-10:20am Stretch w. Nicholle 4:45-5:20pm Spin w. Cindy 5:30-6 pm Stretch w. Courtney	7 10:30-11:15am SRFit w. Nicholle 12:30-1:15pm Spin w. Nicholle 5:45-7 pm Yoga AL w. Gillian	8 8:15-9am Spin w. Nicholle 9-9:45am PUMP w. Nicholle 9:50-10:20am Stretch w. Nicholle 4:45-5:20pm Spin w. Cindy 5:30-6 pm Stretch w. Courtney	9 10:30-11:15am SRFit w. Nicholle 12:30-1:15pm Spin w. Johanna 5:45-7pm Yoga w. AL Gillian	10 10:30-11:15am Spin w. Kendra Closing at 5pm	11 10:30-11:15am Spin w. Cindy
12 3:15-4pm Spinning w. Johanna 4-5:15pm Yoga AL w. Gillian	13 8:15-9am Spin w. Nicholle 9-9:45am PUMP w. Nicholle 9:50-10:20am Stretch w. Nicholle 4:45-5:20pm Spin w. Cindy 5:30-6 pm Stretch w. Courtney	14 10:30-11:15am SRFit w. Nicholle 12:30-1:15pm Spin w. Nicholle 5:45-7pm Yoga AL w. Gillian	15 8:15-9am Spin w. Nicholle 9-9:45am PUMP w. Nicholle 9:50-10:20am Stretch w. Nicholle 4:45-5:20pm Spin w. Cindy 5:30-6 pm Stretch w. Courtney	16 10:30-11:15am SRFit w. Nicholle 12:30-1:15pm Spin w. Johanna 5:45-7pm Yoga AL w. Gillian	17 10:30-11:15am Spin w. Kendra Closing at 5pm	18 10:30-11:15am Spin w. Cindy
19 3:15-4pm Spinning w. Johanna 4-5:15pm Yoga AL w. Gillian	20 4:45-5:20pm Spin w. Cindy	21 12:30-1:15pm Spin w. Johanna	22 8:15-9am Spin w. Katherine 9-9:45am FLEX w. Katherine 10-11am Back/Hip Yoga w. Katherine 4:45-5:20pm Spin w. Johanna	23 6:30-7:15am Spin w. Katherine 8-8:45am Pilates w. Katherine 9-10am Vinyasa L2 w. Katherine 10:30-11:15am SRFit w. Katherine 12:30-1:15pm Spin w. Johanna SPECIAL XMAS CLASS	24 XMAS EVE Open 8am-2pm 10:30-11:15am Spin w. Kendra	25 Merry Christmas! CLOSED
26 3:15-4pm Spinning w. Johanna	27 8:15-9am Spin w. Katherine 9-9:45am FLEX w. Katherine 10-11am Yin Yoga AL w. Katherine 4:45-5:20pm Spin w. Johanna	28 6:30-7:15am Spin w. Katherine 8-8:45am Pilates w. Katherine 9-10am Vinyasa L2 w. Katherine 10:30-11:15am SRFit w. Katherine 12:30-1:15pm Spin w. Johanna	29 8:15-9am Spin w. Katherine 9-9:45am FLEX w. Katherine 10-11am Back/Hip Yoga w. Katherine 4:45-5:20pm Spin w. Johanna	30 6:30-7:15am Spin w. Katherine 8-8:45am Pilates w. Katherine 9-10am Vinyasa L2w. Katherine 10:30-11:15am SRFit w. Katherine 12:30-1:15pm Spin w. Johanna SPECIAL NEW YEAR CLASS	31 NEW YEAR'S EVE Open 8am-2pm 10:30-11:15am Spin w. Kendra	1 Sappy New Year! CLOSED

Class Descriptions

Back / Hip Yoga: Therapeutic style asana practice to support a healthy back and hip region.

FLEX/PUMP: Resistance training using barbells, dumbbells, and stability balls.

Gentle Flow: Appropriate for those who want a gentle slow-paced relaxing practice with focus on breath.

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

Mindful Stretching: Flexibility training that focuses on mindfulness.

Restorative / Yin: Restorative and Yin poses for deep relaxation and release.

SR Fitness: Chair based resistance training program for the entire body. Great for beginners too!

Spinning: Group Cycling class with a mix of rides that focus on strength, endurance or intervals.

Vinyasa Yoga: Flow style heat building yoga practice that links breath with movement.

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 shapes and sizes.

Level 2 (L2): Intermediate— Practicing at least 1-2 years. Poses are intermediate. Practitioner is expected to have a fundamental familiarity with basic postures as well as body alignment and modify as needed.

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. Teacher will offer options for individual needs accordingly.

OPEN GYM

Sunday
1-3pm & 4-7pm

Monday
10-4:30pm & 6-8:30pm

Tuesday
1:30-3:30pm & 6-8:30pm

Wednesday
10-4:30pm & 6-8:30pm

Thursday
1:30-8:30pm

Friday
9am-3:30pm

Saturday
NOON-3pm

**MUST SIGN UP AND INVITE
ONLY YOUR SOCIAL BUBBLE**

WWW.SIGNUPSCHEDULE.COM/SRC

HOURS

Monday-Thursday: 5:30AM-8:30PM

Friday: 5:30AM-5PM

Saturday: 9AM-3PM

Sunday: 1-7PM

**HOLIDAY HOURS:
CLOSED**

DECEMBER 25 (XMAS Day)

JANUARY 1 (NY'S DAY)