

MARCH 2023

GROUP FITNESS



| Class Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|--------------|--------------|----------------------|------------------|-----------------|------------------|--------|
| 6:00am | XC | BURN | XC | BURN | TABATA | | |
| 7:00am | | | | | | THERAPEUTIC YOGA | |
| 8:00am | YOGA FLOW | | YOGA STRETCH & CYCLE | | YOGA FLOW | XC | |
| 8:30am | | YOGA FLOW | | YOGA STRETCH | | | |
| 9:00am | Pure Barre | MUSCLE PUMP | | MUSCLE PUMP | FUNCTIONAL CORE | | |
| 9:30am | | | PURE BARRE | | | TWINKLE TOES | |
| 11:00am | FIT 4 LIFE | CHAIR YOGA | FIR 4 LIFE | CHAIR YOGA | FIR 4 LIFE | | |
| 4:00pm | ELITE YOUTH | ELITE YOUTH | | ELITE YOUTH | | | |
| 4:15pm | | | TWINKLE TOES | | | | |
| 4:30pm | | YIN YOGA | | Gentle Flow Yoga | | | |
| 5:00pm | | | MAT PILATES | | MAT PILATES | | |
| 5:30pm | | XC | | XC | | | |
| 6:00pm | VINYASA YOGA | VINYASA YOGA | PURE BARRE | VINYASA YOGA | PURE BARRE | | |

Vinyasa Yoga: Helps build overall strength and flexibility. Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence.

Yoga Stretch: This beginners yoga class is great for people who are just starting out with yoga, seniors, or anyone who is looking for a gentle stretch class. It moves through a series of poses that stretch the body.

Therapeutic Yoga: A blend of restorative yoga, gentle yoga, breath work, and guided meditation techniques combined in such a way for those who need something gentle, yet effective, for bringing the body into balance.

Yoga Flow: Power yoga with focus on transitions and movements slowing down your transitions with deep inhales and slow exhalations.

Yin Yoga: A slow-moving, grounded practice where practitioners hold each posture for around 3-5 minutes.

XC: A personal training-inspired, scientifically-based workout that challenges you to build and maintain a better shaped and functioning core.

Fit 4 Life: Get moving in this class designed to increase strength, range of movement and keep active for active older adults.

Tabata: High-intensity interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

Chair Yoga: A gentle form of yoga that can be done while sitting.

Burn: A rapid fat-blasting workout designed to condition and tone muscles and deliver a total body shred.

Muscle Pump: High intensity, full body, strength class designed to shape and tone your body.

Barre: Barre class is a combination of ballet, strength, yoga and Pilates, focusing on core, gluts balance and strength training. The class is taught at the barre with weight training and some additional floor work. All levels are welcome.

Core: Mix of resistance, intervals, power, plyometrics and endurance components. Build core muscle groups while improving posture through performing a variety of exercises that strengthen the core.

Gentle Flow Yoga: Geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements.

Barre: Barre fitness presents a combination of ballet-inspired moves with elements of Pilates, dance, yoga and strength training focusing on high reps of small range movements.

Mat Pilates: Focused on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being by concentrating on posture, balance, and flexibility.