

# Group X Schedule



*Updated 9/9/2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 8:45AM Joanne (S)	<b>Mat Pilates</b> 10:00 AM Jane (2)	<b>Cardio Blast</b> 9:30AM Donna (2)	<b>Barre/Core</b> 9:00AM Donna (2)	<b>Spin</b> 8:45AM Kim (S)	<b>HITT</b> 8:30AM Heidi (2)	<b>Strength</b> 8:30AM Jane (2)
<b>Vinyasa Flow</b> 10:00AM Sierra (3)	<b>Bootcamp</b> 12:00 PM Donna (2)	<b>Strength</b> 4:30 PM Ann (2)	<b>Mat Pilates</b> 5:30PM Heidi (2)		<b>Spin</b> 9:30 AM Jane (S)	
<b>Strength</b> 4:30 PM Jason A (2)	<b>Mat Pilates</b> 5:30PM Heidi (2)	<b>Spin</b> 5:30PM Joanne (S)	<b>Strength</b> 6:00PM Heidi (2)			
<b>Vinyasa Flow</b> 6:00PM Carol (3) Starts 9/21/20	<b>Cardio Blast</b> 6:00PM Heidi (2)	<b>Vinyasa Flow</b> 6:00PM Noelle (3)				
<b>Zumba Dance</b> 7:00PM Ryan (2)						

## **Class Descriptions**

**Strength** – This strength training workout challenges all major muscle groups by using barbell equipment - from exercises like squats, presses, lifts and curls. Strengthen your entire body with this 30 - 60-minute workout!

**Spin** – Spinning is an indoor group cycling cardio class. It is a sport specific, individually paced ride that is designed to promote health and well-being. It is important to bring water and go at your own pace. All levels 30-60minutes.

**Cardio Blast / HIIT/ Bootcamp** – This workout may include a combination of the following: Step Training, Hi-Lo Aerobics, Kettlebells, Sports Training, Speed Drills and Toning.

**Flow Yoga**– Vinyasa Yoga is the uniting of breath and movement into one vigorous, flowing, asana (postures) practice. In this class, meditation, mantras and emphasis on alignment is interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.

**Barre** – This class will challenge your total body strength, balance, and posture. Using fluid movements and strength toning will help realign the spine, hips, legs and core in a 30-minute workout!

**Pilates**– This innovative system of mind body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and easy graceful movement. All levels 30-60 minutes.