

# Group X Schedule



*Updated 6/1/2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 8:45 AM Joanne (S)	<b>Bootcamp</b> 12:00 PM Donna (2)	<b>Bootcamp</b> <b>Series starts 6/9/2021</b> 5:30 AM Mike L (2)	<b>Butts N Guts</b> 9:15 AM Donna (2)	<b>Spin</b> 8:45 AM Kim (S)	<b>HIIT</b> 8:30 AM Heidi (2)	<b>Strength</b> 8:30 AM Jane (2)
<b>Hatha Yoga</b> 10:00 AM Joanne (3)	<b>HIIT</b> 4:30 PM Kristin (2)	<b>Cardio Blast</b> 9:30 AM Donna (2)	<b>Bootcamp</b> 12:00 PM Kristin (2)	<b>Power Yoga</b> 12:00PM Ed (3)	<b>Spin</b> 9:30 AM Jane (S)	<b>Spin Revolution</b> <b>Series ends 6/20/2021</b> 9:00 AM Heidi (S)
<b>Strength</b> 4:30 PM Jason A (2)	<b>Mat Pilates</b> 5:30 PM Heidi (2)	<b>Strength</b> 4:30 PM Ann (2)	<b>Mat Pilates</b> 5:30 PM Heidi (2)			<b>Hatha Yoga</b> <b>Series ends 6/20/2021</b> 10:00 AM Joanne (3)
<b>Vinyasa Flow</b> 6:00 PM Carol (3)	<b>Cardio Blast</b> 6:00 PM Heidi (2)	<b>Spin</b> <b>5:30PM</b> Joanne (S)	<b>Strength</b> 6:00 PM Heidi (2)			
<b>Zumba</b> 7:00 PM Amber (2)		<b>Vinyasa Flow</b> 6:00PM Noelle (3)				

## 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 30-55 minutes.

**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. 45 minutes

**Hatha Yoga** – Expect gentle stretching poses utilizing breath to connect mind and body with the ultimate goal of total relaxation and stress relief. 45minute

**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.

**Power Yoga** - Power Yoga flows through a series of athletic postures, strengthens your core and makes you sweat. Set to an energizing playlist, this class will detoxify your mind and body, leaving you both relaxed and energized!

**Barre/ Sculpt** – 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- 45-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 30-45 minutes.