

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.