



November Group Fitness Schedule

Virtual	Monday Wednesday Thursday	5:30 PM 12:00 PM 5:30 PM	Pain Free Posture Vinyasa Yoga Pilates	Dee Kati Heagan
Monday	Studio B Studio C Studio B Studio C Studio B Studio A Studio B	7:00 AM 8:00 AM 9:00 AM 9:30 AM 12:00 PM 5:00 PM 5:30 PM	Bootcamp Core & Mobility Step Power Yoga Bootcamp Cycling Pain Free Posture	Anna Laura Karrin Lauren Karrin Miranda Dee
Tuesday	Studio B Studio B Studio B Studio A Studio C Studio B	8:00 AM 9:00 AM 10:05 AM 12:00 PM 6:00 PM 6:30 PM	Bosu (45) eLIGNABAR® Stretch & Mobility Cycling (45) Yoga High Fitness	Faye Faye Faye Helen Ellie Haley
Wednesday	Studio B Studio A Studio C Studio C Gymnasium Studio B Studio A Studio B	9:00 AM 9:00 AM 9:30 AM 11:00 AM 12:30 PM 12:00 PM 5:00 PM 5:30 PM	Step Cycling Power Yoga Pilates TRX Bootcamp Cycling Stretch & Mobility	Karrin Tiffany Lauren Claire Tiffany Helen Stacey Katie
Thursday	Studio B Studio C Studio B Studio B Studio A Studio C	8:00 AM 9:00 AM 9:00 AM 10:05 AM 12:00 PM 6:00 PM	Bosu (45) Yoga eLIGNABAR® Stretch & Mobility Cycling (45) Yoga	Faye Lindsey Faye Faye Helen Tiffany
Friday	Studio B Studio B MARC Park Studio B Studio B Studio C	7:00 AM 8:30 AM 10:00 AM 11:00 AM 12:00 PM 12:30 PM	Bootcamp Step Gentle Yoga Barre Bootcamp Yoga for Teen Athletes	Laura Shirin Shirin Stacie Perry Sienna
Saturday	Studio A Studio B Studio B Studio B Studio C Studio C	8:30 AM 8:00 AM 9:00 AM 10:05 AM 10:00 AM 2:00 PM	Cycling Bosu eLIGNABAR® + Pilates Foam Roll Vinyasa Flow Yoga Systema	Mitzi Faye Faye Faye Leslie Mark
Sunday	Studio C	4:00 PM	Vinyasa Flow Yoga	Penny & Laura

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced but this does not preclude a beginner from attending. Please notify the instructor before starting if you are a beginner or first time student. Our instructors are trained professionals and design classes to be safe, all classes are at your own risk.

Barre - Barre 50 is low impact and encompasses strength training through isometric movements, high repetition and powerful holds. This full body workout focuses on all the major muscle groups: Core, glutes, arms, thighs, and back body resulting in strength, increased flexibility, and improvement with overall posture and balance.

Bootcamp - An effective, time-efficient workout blast . This workout builds lean muscle with big multipurpose moves that work the entire body.

Bosu— Come join this strength and sculpt class targeting your balance and core on the Bosu for overall great conditioning!

Cycling - A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Enjoy a low impact cardio workout that can vary in terrain, strength, and endurance formats.

eLIGNABAR® - A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

High Fitness - A high energy fitness class that incorporates interval training with pop music and easy to follow choreography.

Pain Free Posture - Using the egosque method, put your body into correct postural alignment through a series of exercises which will improve function, reduce compensations, and return your body to its original functional blueprint.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Step - This long lasting class still offers the benefits of low impact cardio while enjoying upbeat music and improving strength.

Stretch/Mobility/Foam Rolling - These classes are an essential key in injury management and sustaining your favorite activities.

Systema - Russian Systema is an all-encompassing, practical martial art that his without specific form or tactics. The practice emphasizes natural relaxed movement via breath.

TRX - Low impact strength training that incorporates core and mobility utilizing the suspension trainer.

Yoga:

Gentle Yoga - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Power Yoga - Cultivate awareness, mindfulness, and breath on your mat so these attributes become an integral thread in every day life. You are guaranteed a workout and feeling more empowered upon leaving.

Vinyasa Yoga - A mindful, all levels class. Focus on breath and alignment, provides students with the opportunity to make the class their own. Everyone is welcome!

Yoga Hike - Take a small hike up the local trails of Prospector Park to warm up. Then return to the park for a flow stretch style class to improve flexibility and mobility.

Yoga for Teen Athletes - Unleash your teen athlete's full potential through yoga, mindfulness, and strength training. This class is a perfect way for your athlete to take their sports to the next level.