



January Group Fitness Schedule

Virtual	Monday Wednesday	5:00 PM 12:00 PM	Pain Free Posture (Hybrid) Vinyasa Yoga	Dee Kati
Monday	Studio B	7:00 AM	Bootcamp	Anna
	Studio C	8:00 AM	Pre-Ski Core & Mobility	Laura
	Studio A	9:00 AM	Cycling	Trent
	Studio B	9:00 AM	Step	Karrin
	Studio C	9:30 AM	Power Yoga	Lauren
	Studio B	12:00 PM	Bootcamp	Karrin
	Studio B	5:00 PM	Pain Free Posture	Dee
	Studio A	5:30 PM	Cycling	Stacey
Tuesday	Studio A	6:30 AM	Cycling	Shan
	Studio B	8:00 AM	Bosu (45)	Faye
	Studio B	9:00 AM	eLIGNABAR®	Faye
	Studio B	10:05 AM	Stretch & Mobility	Faye
	Studio C	10:30 AM	Pilates	Heagan
	Studio C	11:30 AM	Yoga	Lauren
	Studio A	12:00 PM	Cycling (45)	Helen
	Studio B	5:30 PM	Strength Intervals	Tiffany
Wednesday	Studio B	9:00 AM	Step	Karrin
	Studio A	9:00 AM	Cycling	Tiffany
	Studio C	9:30 AM	Power Yoga	Lauren
	Studio B	10:00 AM	Strength Work (30)	Karrin
	Studio C	11:00 AM	Pilates	Claire
	Studio B	12:00 PM	Bootcamp	Helen
	Studio A	5:00 PM	Cycling	Miranda
	Studio B	5:30 PM	Pilates	Heagan
Thursday	Studio B	8:00 AM	Bosu (45)	Faye
	Studio C	9:00 AM	Yoga	Lindsey
	Studio B	9:00 AM	eLIGNABAR®	Faye
	Studio C	10:05 AM	Stretch & Mobility	Faye
	Studio B	10:30 AM	Pilates	Heagan
	Studio C	11:30 AM	Yoga	Lauren
	Studio A	12:00 PM	Cycling (45)	Helen
	Studio C	6:00 PM	Yoga	Tiffany
Friday	Studio B	7:00 AM	Bootcamp	Laura
	Studio B	8:30 AM	Step	Shirin
	Studio C	10:00 AM	Gentle Yoga	Shirin
	Studio B	11:00 AM	Barre	Stacie
	Studio B	12:00 PM	Bootcamp	Perry
	Studio C	12:30 PM	Yoga for Teen Athletes	Sienna
Saturday	Studio B	8:00 AM	Bosu	Faye
	Studio B	9:00 AM	eLIGNABAR® + Pilates	Faye
	Studio B	10:05 AM	Foam Roll	Faye
	Studio C	10:00 AM	Vinyasa Flow Yoga	Leslie
	Studio C	2:00 PM	Systema	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, however 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 multi-purpose moves that work the entire body.

Bosu— 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 promotes correct spinal alignment while targeting 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 - This class, taught in the egosque method, puts your body into correct postural alignment through a series of exercises that 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 standing class offers the benefits of low impact cardio while enjoying upbeat music and improving strength.

Strength Intervals - A class built to build strength with light dumbbells and body weight while keeping your heart rate up with cardio intervals.

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

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

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

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 will feel more empowered upon leaving.

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

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.