



## 2018-19 GROUP EXERCISE SCHEDULE

MON.	9:00 AM	YOGA	TARISHA
	10:30 AM	BLT	FARRAH
	5:15 PM	STEP	JEAN
	6:00 PM	SPIN	STEPHANIE
	6:00 PM	HIIT	FARRAH
TUES.	10:30 AM	UPPER CUT	FARRAH
	5:15 PM	MUSCLE PUMP	JEAN
	6:00 PM	ZUMBA	CONNIE
WED.	9:00 AM	YOGA	TARISHA
	10:30 AM	HIIT	FARRAH
	5:15 PM	AEROBIC KICK BOXING	JEAN
THURS.	5:15 PM	MUSCLE PUMP	JEAN
	6:00 PM	SPIN	STEPHANIE
	6:00 PM	ZUMBA	CONNIE
FRI.	9:00 AM	YOGA	TARISHA
SAT.	10:00 AM	YOGA	TARISHA

**YOGA:** WE OFFERS SEVERAL DIFFERENT TYPES OF YOGA. ON MON, WED, FRI WE HAVE CHAIR YOGA, A VERY LOW IMPACT AND RELAXING FORM OF YOGA WITH POSES DONE ON A CHAIR INSTEAD OF THE FLOOR. A GREAT CLASS THAT IS LOW IMPACT AND SOOTHING FOR THE MUSCLES, JOINTS, AND ORTHOPEDIC REHABILITATION...AND GREAT FOR BEGINNERS AND SENIORS ALIKE. VINYASA AND RESTORATIVE YOGA ARE OFFERED ON SATURDAY, WITH VINYASA ON THE 1<sup>ST</sup> & 3<sup>RD</sup> SATURDAY AND RESTORATIVE ON THE 2<sup>ND</sup> AND 4<sup>TH</sup> SATURDAY OF EVERY MONTH. ALL OF THESE YOGA CLASSES ARE WONDERFUL FOR IMPROVING MOBILITY, FLEXIBILITY, AND STRENGTHENING MUSCLES.

**PROGRESSIVE STEP:** GET A GREAT CARDIOVASCULAR WORKOUT DOING DIFFERENT COMBINATIONS ON THE STEP. STARTING OFF EASY AND PROGRESSING TO A MORE DIFFICULT LEVEL. THIS CLASS IS FOR EVERYONE!

**MUSCLE PUMP:** THIS CLASS TARGETS EVERY MUSCLE GROUP FOR LEANER MUSCLE MASS AND FAT BURN. BE STRONGER, HAVE MORE ENDURANCE, AND BETTER MUSCLE TONE. CLASS USES FREE WEIGHTS AND RESISTANCE BAND TRAINING AND TARGETS UPPER AND LOWER BODY AND ABDOMINALS.

**AEROBIC KICK BOXING:** THIS CLASS IS EXPLOSIVE AND ENERGETIC, GIVING YOU POWERFUL PUNCHES AND KICKS TO MUSIC. KICKBOX GIVES YOU OVERALL CONDITIONING OF THE BODY USING BOXING TECHNIQUES AND MARTIAL ARTS. THIS CLASS CAN BE CHALLENGING BUT ALLOWS YOU TO WORK AT YOUR OWN PACE.

**HIIT:** THIS CLASS ALTERNATES SHORT INTERVALS OF HIGH INTENSITY CARDIO WITH LESS INTENSE RECOVERY PERIODS. BURN MORE FAT, IMPROVE YOUR ENDURANCE, AND BUILD STRENGTH IN A FRACTION OF THE TIME.

**UPPER CUT:** A COMPLETE UPPER BODY STRENGTH TRAINING CLASS DESIGNED TO PROVIDE AN OVERALL TONED UPPER BODY. FOCUSING ON BACK, BICEPS, TRICEPS, CHEST AND SHOULDERS, UPPER CUT IS AN EASY WAY TO MAKE ANY SEASON "TANK TOP" SEASON!

**BLT:** DESIGNED TO PROMOTE STABILITY, CALORIC BURN, ENDURANCE, AND INCREASE YOUR METABOLISM...ALL WHILE SCULPTING YOUR LOWER HALF.