

January Group Fitness

All classes are one hour unless noted	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NEW! Sunday
6:00am	Spin Carrie ***	Yoga Shannon	Spin Carrie/Steve ***	Yoga Shannon	Spin/TRX Carrie ***		
							Advanced Yoga Shannon 8:30 to 10am
9:00am	40/40/40 Billy ***	Zumba Lora	Butts and Guts Billy	Zumba Toning Lora	Spin Conditioning Carrie ***		
						All Levels Yoga Lynn 9:30a-10:30a	
10:15am As noted		Pilates Shannon Cline	Yoga Lynn 10:15-11:30a	Pilates Shannon Cline	Yoga Lynn 10:15a-11:30a		
As noted		TRX Carrie 11:15a-Noon ***	XFit Billy 11:30a-12:30p	TRX Carrie 11:15a-Noon ***	<p align="center">Take the January Challenge!</p> <p align="center">How many group fitness classes can you take in a month? The member who attends the MOST group fitness classes Jan 2 to Jan 31 wins free time on their membership!</p> <p align="center">Try new classes, add variety into your routine, and get in amazing shape!</p> <p align="center">See a front desk rep for more info</p>		
Noon		All Levels Yoga Lynn		All Levels Yoga Lynn			
As noted	Warm Yoga Margot 5:15p-6:15p	TRX Steve 5:30p-6:30p ***	Yoga Robin 5:15p-6:15p	TRX Steve 5:30p-6:30p ***			
6:30pm		Spin Steve ***	Zumba Lora	Spin Steve ***			

*** Sign up to reserve your space. Call 24 hours in advance of class. For 40/40/40 please sign up for each 40 minute segment. 328-5770 ***

Fitness Club Hours:
Monday to Friday 5:30am -8:00pm
Saturday 7:00am - 4:00pm
Sunday 7:00am - Noon

328-5770

Child Care Hours:
Monday to Friday 9:00am-12:00pm;
Wednesday 6p-7:30pm

Class Descriptions

- **NEW! 40/40/40:** 40 minutes of TRX, 40 minutes of Total body Conditioning/40 minutes of Spin. Take 1, take 2 or take all three! ***Sign up 24 hours in advance for EACH SEGMENT to reserve your space!***
- **Advanced Yoga:** A class for those who have been practicing Yoga regularly, and are ready to further challenge themselves. Participants are expected to come consistently as the class will progress towards deeper postures every week.
- **All Levels Yoga:** Come one-come all. Join a community of yoga practioners (from the well-seasoned to just checking it out) each individually working towards a common theme within the class. The emphasis of intention and alignment will empower and transform your body and mind.
- **Butts and Guts:** Looking to tone and tighten those trouble spots? Let's work together to firm up and burn off those unwanted inches using high intense interval training and proven spot training techniques
- **Pilates:** Pilates focuses on the core postural muscles which are essential to providing support for the spine, and help keep the body balanced. Pilates exercises teach awareness of breath and alignment of the spine, while strengthening the deep torso muscles. Fitball, Thera-Bands and BOSU will be utilized.
- **Spin:** The best low impact cardio workout you can get inside. It is easy on the joints and keeps the heart rate consistently elevated to improve fitness. Classes are varied and can accommodate all levels – You control the intensity. Whether you are a seasoned cyclist or new to the sport, group cycling classes won't let you down! ***Sign up 24 hours in advance to reserve your bike!***
- **SPIN Conditioning:** This class is fully loaded, one stop shopping for your fitness needs! Enjoy 30 minutes of cardio, 20 minutes of muscle conditioning, and 10 minutes of flexibility exercises combined into one intense hour of hard work and fun. Class format will be intervals or full blocks of cardio or muscle conditioning. You will burn a lot of calories, tone your body, and loosen your hamstrings. ***Sign up 24 hours in advance to reserve your bike!***
- **Spin/TRX:** Enjoy 40 minutes of spin combined with 20 minutes of TRX suspension training. For those that love only spin we will keep you going for the full 60 minutes. A perfect class for all levels – great all over workout! Sign up 24 hours in advance to reserve your bike!
- **TRX:** TRX is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility- all at the intensity you choose. This is a complete total body training system. See Carrie, Billy, or Steve for more info. ***Space is limited-sign ups required 24 hours in advance to reserve your space.***
- **X-Fit:** Challenge your cardio, respiratory, and muscular systems all in one hour using multiple types of workouts. We will use Total Body resistance training eXercises to achieve your highest level of conditioning.
- **Yoga:** Good for the mind, body and soul, this stress-reliever will help you gain improved body awareness and flexibility through the Yoga tradition. Take the class to enhance muscle tone, or to compliment your outdoor activities and regular exercise routine.
- **NEW! Warm Yoga:** Our traditional yoga class with the room temp set at 75 degrees.
- **Zumba:** Interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning calories. Add some Latin flavor and international zest and you've got a Zumba class! No dancing skills required.

