

# COMPLIMENTARY GROUP FITNESS LIVE CLASS SCHEDULE

SEPTEMBER

EFFECTIVE SEPTEMBER 1, 2020

		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY								
MORNING	5:45-6:30	CVI	Stu	ucv				5:45-6:30	CVI	Tammy	ucv						8:00-9:00	Shift Up/Speed Up	Roya	Cyc.					
	6:00-7:00	Shift Up/Speed Up	Neal	Cyc.	5:45-6:45	Shift Up/Speed Up	Renaee	Cyc.	6:00-7:00	Ride & Shine	Gerry	Cyc.	6:00-7:00	High Gear	Neal	Cyc.	6:00-7:00	Shift Up/Speed Up	Tim	Cyc.	8:00-8:50	Pilates Mat 1-3	Team	2	
					6:00-7:00	Thermal Yoga® 60	Alexis	Jade	6:00-7:00	Alignment Vinyasa I	Emma	Pool	6:00-7:00	Thermal Yoga® 60	Elena	Jade	6:00-7:00	Alignment Vinyasa I	Chris	Pool	8:00-9:00	Power Vinyasa	Tonya	Jade	
	6:00-6:50	Breakfast Club	Renaee	Gym	6:00-7:00	BODYPUMP™	Jim	1	6:00-6:50	H.I.I.T.	Megan	Gym	6:00-7:00	BODYPUMP™	Jim	1	6:00-7:00	Breakfast Club	Rob	Gym	8:15-9:00	CVI	Jill S	ucv	
6:00-7:00	Pilates Mat 2-3	Pam	2														6:00-7:00	Pilates Mat 1-3	Pam	2	8:00-8:45	BODYCOMBAT™	Geraldine	1	
								7:30-8:30	Power Vinyasa	Tonya	Jade										8:30-9:30	Barre*	Rachel	Opal	
MID-MORNING	8:00-9:00	Total Body Fit	Emma	2	8:00-9:00	Pilates Mat 2-3	Pam	2	8:00-8:50	Total Body Fit	Emma	2					8:00-9:00	H.I.I.T.	Jim	1	9:10-9:40	CXWORX™	Geraldine	2	
					8:00-9:00	High Gear	Carol	Cyc.					8:00-9:00	High Gear	Roya	Cyc.	8:00-9:00	H.I.I.T.	Jim	1	9:15-10:00	BODYSTEP™	Andrea	1	
					8:00-9:00	BODYPUMP™	Andrea	1					8:00-9:00	BODYPUMP™	Andrea	1					9:30-10:30	Thermal Power Fusion	Tonya	Jade	
	8:30-9:30	Barre*	Rachel	Opal	8:30-9:30	Barre*	Megan	Opal	8:30-9:30	Barre*	Ruby	Opal	8:30-9:30	Barre*	Emma	Opal	8:30-9:30	Barre*	Christina	Opal	10:00-11:00	Barre*	Rachel	Opal	
	9:00-10:00	Thermal Yoga® 60	John	Jade	9:00-10:00	Hatha	Malissa	Jade	9:00-10:00	Thermal Yoga® 60	Alexis	Jade	9:00-10:00	Hatha	Layne	Jade	9:00-10:00	Thermal Yoga® 60	Jen R	Jade	10:00-11:00	Yoga Sculpt	Team	2	
	9:00-10:00	Aqua Fit	Crystal	Pool	9:00-10:00	Deep Water	Jeanette	Pool	9:00-10:00	Aqua Fit	Marlene	Pool	9:00-10:00	Deep Water	Jeanette	Pool	9:00-10:00	Aqua Fit	Teresa	Pool	10:30-11:30	BODYPUMP™	Andrea	1	
	9:30-10:30	BODYCOMBAT™	Melissa S	1	9:30-10:30	BODYSTEP™	Andrea	2	9:30-10:30	Total Body Cardio	Jim	1	9:30-10:30	BODYSTEP™	Andrea	2	9:30-10:30	Total Body Cardio	Kim	1	11:00-12:00	Yin/Meditation	John	Jade	
	9:30-10:30	H.I.I.T. the Road	Barbara	Cyc.	9:30-10:30	Power Hour	Tammy	1	9:30-10:30	H.I.I.T. the Road	Melissa S	Cyc.	9:30-10:30	Power Hour	Tracy	1	9:30-10:30	High Gear	Barbara	Cyc.					
	9:45-10:30	CVI	Tracy	ucv																					
	10:00-11:00	Barre*	Roya	Opal	10:00-11:00	Barre*	Christy	Opal	10:00-11:00	Barre*	Ruby	Opal	10:00-11:00	Barre*	Megan	Opal	10:00-11:00	Barre*	Emma	Opal					
10:30-11:30	Stretch & Align	John	Jade	10:30-11:30	Power Vinyasa	Tonya	Jade	10:30-11:30	Stretch & Align	Julie	Jade	10:30-11:30	Power Vinyasa	Malissa	Jade	10:30-11:30	Stretch & Align	Julie	Jade						
AFTERNOON	11:30-12:20	Barre*	Roya	Opal	11:30-12:30	Barre*	Christy	Opal					11:00-12:00	ZUMBA®	Kathy	2					SUNDAY				
	12:00-1:00	Cycle 60	Gerry	Cyc.					12:00-1:00	Cycle 60	Kim	Cyc.					12:00-1:00	High Gear	Carol	Cyc.	8:00-9:00	Alignment Vinyasa I	Danessa	Jade	
	12:00-1:00	Alignment Vinyasa II	Alexis	Jade	12:00-1:00	Power Vinyasa	Tonya	Jade	12:00-1:00	Alignment Vinyasa II	Malissa	Jade	12:00-1:00	Power Vinyasa	Malissa	Jade	12:00-1:00	Alignment Vinyasa I	Deb	Jade	8:30-9:30	Barre*	Ruby	Opal	
	12:15-1:15	BODYSTEP™	Jim	1	12:15-1:15	BODYPUMP™	Melissa S	1	12:00-1:00	H.I.I.T.	Rob	1	12:15-1:15	BODYPUMP™	Payton	1	12:15-1:15	BODYSTEP™	Chalyce	1	9:00-9:45	H.I.I.T.	Chrissy	1	
	1:00-2:00	Pilates Mat 2-3	Vered	2																	9:00-10:00	Ride & Shine	Jen	Cyc.	
																						9:30-10:30	Thermal Yoga® 60	Danessa	Jade
																						10:00-11:00	Barre*	Ruby	Opal
	5:00-6:00	BODYCOMBAT™	Chalyce	1	5:00-6:00	Yoga Sculpt	Emma	2	5:00-6:00	BODYSTEP™	Geraldine	1	5:00-6:00	Yoga Sculpt	Valerie	2	4:30-5:30	Yin/Nidra	Brianne	Jade	10:15-11:15	BODYPUMP™	Chrissy	1	
					5:00-6:00	ZUMBA®	Tonya L	1					5:00-6:00	ZUMBA®	Tonya L	1					11:00-12:00	Restorative Yoga	Layne	Jade	
	5:30-6:30	Power Vinyasa	John	Jade	5:30-6:30	Basic Vinyasa	Chris	Jade	5:30-6:30	Power Vinyasa	Alana	Jade	5:30-6:30	Thermal Yoga® 60	Jen R	Jade					11:45-12:45	ZUMBA®	Kathy	1	
5:30-6:30	High Gear	Hayley	Cyc.					5:30-6:30	High Gear	Carol	Cyc.									4:00-5:00	Candlelight Vinyasa	Brianne	Jade		
				6:30-7:30	H.I.I.T.	Rob	1	6:00-7:00	ZUMBA®	Jeru	2	6:30-7:30	H.I.I.T.	Rob	1										
								6:00-7:00	Barre*	Christina	Opal										NEW CLASS OR CHANGE				
6:30-7:30	BODYPUMP™	Chalyce	1	7:00-7:45	Yin/Meditation	Malissa	Jade	6:30-7:30	BODYPUMP™	Geraldine	1										HEATED CLASS				

# COMPLIMENTARY GROUP FITNESS

# CLASS DESCRIPTIONS

## BALANCE/STABILITY/FLEXIBILITY

**ALIGNMENT VINYASA I/II** Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level 2 will take your practice to the next level.

**BASIC VINYASA** An alignment based Vinyasa class with a slower pace than our Power Vinyasa classes focusing on alignment and posture. Great for anyone working with injuries, just beginning the practice or those pursuing the foundations of yoga.

**BODYFLOW** A motivating blend of yoga with tai chi and Pilates that will leave you strong, calm and centered.

**CANDLELIGHT VINYASA** Start your week with this candlelight Vinyasa class suitable for all levels.

**HATHA** Designed for everyone, with the emphasis on posture, breath, strength and flexibility.

**PILATES MAT** Lengthen, strengthen and realign through a series of functional movements for the entire body. Classes with props are indicated with a P next to the level.

**POWER VINYASA** A vigorous, fitness-based approach to Vinyasa style yoga. Tone and strengthen your body, clear your mind and gain a sense of accomplishment and empowerment. Some classes taught in heat.

**RESTORATIVE YOGA** This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. All levels.

**STRETCH & ALIGN** A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Increase flexibility and improve balance and posture.

**THERMAL YOGA®** All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room.

**THERMAL® POWER FUSION** A fusion of the traditional 26 pose format with Asanas found in our Alignment/Power Vinyasa classes.

**YIN/MEDITATION** Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

**YIN/NIDRA** Begin with Yin yoga targeting the connective tissues of the body to increase circulation, improve flexibility, and renew the body's flow of energy. Finish with Yoga Nidra, an ancient meditation technique which offers conscious relaxation on physical, mental and emotional levels. Suitable for all levels.

## CARDIO

**AQUA FIT** Total body strength conditioning and cardio class in the shallow water. May include hand buoys, noodles or steps.

**BODYCOMBAT™** Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

**CVI** Kick up your metabolism as an instructor guides you through interval formats. Bring a fully charged electronic device with the AudioFetch App and a headset. Loaner device available at the Welcome Desk.

**CYCLE 60** From intervals to long hill climbs, this 60-minute class is packed from start to finish. Motivating music to challenge your body and soul.

**DEEP WATER** A great cardio workout including intervals, circuits, balance challenges and strength training.

**GRIT CARDIO** 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

**HIGH GEAR** Pedal in groups, roll over hills, chase the pack, climb mountains and sprint your way to burning calories. If your goal is cross-training, maintaining endurance, losing weight or increasing your overall health and fitness level, High Gear is for you.

## STRENGTH

**BARRE\*** Registration required for this class. Each class limited to 14 participants. 24-hour cancelation policy in effect, so if you register and don't attend, you will be charged \$20. This class blends cardio, strength training, flexibility, balance and core conditioning for a total body workout that targets the hips, glutes, abs and arms.

**BODYPUMP™** The ultimate in group resistance training set to music. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ challenges all of your major muscle groups.

**CXWORX™** 30-minute revolutionary core training. This dynamic workout will challenge your abs, glutes, back, obliques and "slings" connecting the upper and lower body, toning core muscles and improving functional strength.

**POWER HOUR** A combination of the following elements of fitness: muscle strength, endurance, explosive power, flexibility, balance and coordination. LOTS OF VARIETY!

**YOGA SCULPT** This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose.

## CARDIO/STRENGTH

**BODYSTEP™** Two formats with variety each week. The athletic format incorporates high intensity interval training using simple athletic moves with circuit inspired functional training. The classic format offers the same great cardio blocks of work and muscle conditioning but also incorporates greater variety in the moves and adds the component of speed and agility training.

**BREAKFAST CLUB** High energy cardio/weight training workout to challenge the mind and body.

**GRIT ATHLETIC** 30 minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.

**GRIT STRENGTH** 30 minute high intensity interval training designed to improve strength, cardiovascular fitness and build lean muscle.

**H.I.I.T** (High Intensity Interval Training) The ultimate athletic cardiovascular challenge. Using simple athletic moves, this total body workout will take your fitness to the next level, leaving you sweaty and smiling. Great music and lots of variety!

**TOTAL BODY FIT** This 60-minute class combines cardio, strength and balance work for the perfect total body workout.