

MONDAY

8:00-8:50am	Total Body Fit	Jocelyn	Studio 2
9:00-10:00am	Aqua Fit	Crystal	Pool
10:30-11:30am	Stretch & Align	John	Jade

TUESDAY

9:00-10:00am	Hatha	Malissa	Jade
9:00-10:00am	Deep Water	Jeanette	Pool
5:00-6:00pm	Zumba®	Tonya L.	Studio 1
5:30-6:30pm	Basic Vinyasa	Chris	Jade
7:00-7:45pm	Yin/Meditation	Malissa	Jade

WEDNESDAY

8:00-8:50am	Total Body Fit	Emma	Studio 2
9:00-10:00am	Aqua Fit	Marlene	Pool
10:30-11:30am	Stretch & Align	Julie	Jade
6:00-7:00pm	Zumba®	Jeru	Studio 2

THURSDAY

9:00-10:00am	Hatha	Layne	Jade
9:00-10:00am	Deep Water	Jeanette	Pool
11:00-12:00am	Zumba®	Kathy	Studio 2
5:00-6:00pm	Zumba®	Tonya L.	Studio 1
7:00-7:45pm	Kudalini Flow	Alana	Jade

FRIDAY

6:00-7:00am	Pilates Mat 1-3	Pam	Studio 2
9:00-10:00am	Aqua Fit	Teresa	Pool
10:30-11:30am	Stretch & Align	Julie	Jade
4:30-5:45pm	Yin/Nidra	Brianne	Jade

SATURDAY

8:00-8:50am	Pilates Mat 1-3	Team	Studio 2
11:00am-12:00pm	Yin/Meditation	John	Jade

SUNDAY

11:45am-12:45pm	Zumba®	Kathy	Studio 1
4:00-5:00pm	Candlelight Vinyasa	Brianne	Jade

Level One

COMPLIMENTARY
EFFECTIVE 6/1/20

Level 1 Classes are suitable for beginners, mature adults, those with restricted movements and those recovering from injuries.

If you are recovering from an injury or have a special need please inform the instructor prior to class, as it will help to better coach you.

Level One Classes

Aqua Fit

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

Basic Vinyasa

The pace will be slower than our Power Vinyasa classes so we can focus on alignment and posture. This class is great for anyone working with injuries, beginning their practice or wanting to brush up on the foundations of yoga.

Candlelight Vinyasa

Start your week with this slow paced candlelight Vinyasa class. Suitable for all levels.

Deep Water

A great cardiovascular workout including intervals, circuits, balance challenges and strength training.

Hatha

Designed for everyone with an emphasis on posture, breath, strength and flexibility.

Kundalini Flow

Unlock dormant emotional energy, activate the physical body and tap into your inner peace with this ancient form of yoga that combines movement, chanting, meditation, and powerful pranayama (breath techniques).

Pilates Mat

A movement system for everyBODY to lengthen, strengthen and realign through a series of functional movements for the entire body. The exercises are the perfect complement to your daily activities and favorite sport.

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. Ideal for 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.

Total Body Fit

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

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.

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.

ZUMBA®

Latin style rhythms with interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!