



Group Fitness Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00							
8:30							
9:00							
9:30							
10:00							Zumba 10:00-11:00
10:30							
11:00							
3:00		*Function Strength 3:00-4:00pm	HIIT 3:00-4:00		HIIT 3:00-4:00		
3:30							
4:00			HIIT 4:00-5:00	Gentle Yoga 4:00-5:00	HIIT 4:00-5:00		
4:30							
5:00		Gentle Yoga (Beginner) 5:00-6:00	*Zumba 5:00-6:00	Zumba 5:00-6:00		Gentle Yoga (Beginner) 5:00-6:00	
5:30							
6:00		Yoga Flow (Vinyasa/Power) 6:00-7:00				Yoga Flow (Vinyasa/Power) 6:00-7:00	
6:30							
7:00							
7:30							

*Functional Strength starts Monday August 30th

*Zumba starts Tuesday August 31st

Class Descriptions

Functional Strength

Functional Strength uses low impact exercises that strengthen and tone your muscles. During this class individuals will combine isometric exercise (holding athletic postures for a set amount of time) with resistance bands to increase strength, build muscle, get toned, and burn fat.

Gentle Yoga (Beginner Yoga)

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates **simple sequences to warm up the body**, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. No experience or flexibility required.

HIIT

High-intensity interval training, also called high-intensity intermittent exercise, and is a form of interval training. During this class individuals will experience alternating short periods of intense exercise with less intense recovery periods. The duration of HIIT also depends on the intensity of the session.

Yoga Flow (Advanced)

Yoga Flow is geared for those who have some experience with yoga poses or those who are interested in a flowing, Vinyasa practice. This class incorporates dynamic movements with poses for alignment, strength, and balance. Basic knowledge of yoga poses is encouraged for this class.

Zumba

Zumba is an exercise class that combines Latin and International music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training.

More Classes Coming Soon