



# FITNESS SCHEDULE MAY 2019

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
5:30 AM	Closed					
5:45 AM						
6:00 AM		" Spin-Off "	Build & Sculpt	Build & Sculpt	" Spin-Off "	
6:15 AM		6:00 - 7:00	6:00-6:45	6:00-6:45	6:00 - 7:00	
6:30 AM		w/Jeremy	w/Rebecca	w/Rebecca	w/Michelle	
6:45 AM						
7:00 AM	Closed					
7:15 AM						
7:30 AM						Spin-Off Flex
7:45 AM						7:30-8:30
8:00 AM						w/Michelle
8:15 AM	Spin-Off Flex	Muscle Pump	Barre Above™	Muscle Pump	Muscle Pump	Tabata Barre
8:30 AM	8:15-9:15	8:15 - 9:00	8:15 - 9:00	8:15 - 9:00	8:15 - 9:00	8:15-9:00
8:45 AM	w/Michelle	w/Kristie	w/Kristie	w/Kristie	w/Kristie	w/Kristie
9:00 AM	Multi-Style Yoga				Creative Pilates	Sound Healing
9:15 AM	9:00-10:00			Yoga	9:15 - 10:15	Yoga
9:30 AM	w/Kashmyra	Zumba		9:30 - 10:30	w/Kashmyra	9:30 - 10:30
9:45 AM		9:40 - 10:40		w/Jane		w/Aoife
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM		Growing Younger				
11:00 AM		10:15-11:15				
11:15 AM		w/Kashmyra				
11:30 AM						
11:45 AM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM			Cardio Kickboxing		Tabata	
5:45 PM			Mixx 5:30 - 6:15	Muscle Pump	5:30 - 6:15	
6:00 PM		Muscle Pump	w/Kristie	5:30-6:15	w/Kristie	
6:15 PM		5:30-6:15				
6:30 PM		w/Kristie	Spin-Off			
6:45 PM		Yoga	6:15-7:15	Pilates	Zumba	Yoga
7:00 PM		6:30 - 7:30	w/Jeremy	6:30-7:30	6:20-7:20	6:30-7:30
7:15 PM		w/ Aoife / Jane		w/Denise	w/Velvet	w/Denise
7:30 PM						
7:45 PM						

## Class Descriptions

**Barre Above™** is a fun and dynamic workout fusing the best of Pilates, Yoga, aerobics and strength exercises. Results in overall flexibility, balance & body strength. Sculpt your body into amazing shape!

**Build & Sculpt** is a body strength and sculpting class that works the upper, lower body and core using free weights to increase physical strength and endurance. *A total body shaping class!*

**Cardio Kickboxing Mixx** is a fun and interesting way to keep fit and burn calories. An intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

**Creative Pilates** balances aspects of Pilates with the flexibility, fluidity and flow of classical stretches & creative movement.

**Growing Younger** restore posture, coordination, balance and strength.

**Muscle Pump** is total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

**Pilates** is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

"Spin-Off" builds strength & improves cardiovascular efficiency as your instructor coaches you through the ride of your life! Suited for all fitness levels.

"Spin-Off Flex" adds 15 minutes of strength training & stretching after 45 minutes of cycling.

**Healing Sounds Yoga** incorporates Hatha Yoga along with traditional Gaelic melodies, vibrational sound and spoken word to induce a deep sense of peace and well-being while reducing the stress of daily life. It is suitable for both beginners and anyone who has already been practicing Yoga.

**Multi-Style Yoga** allows the instructor to modify to class needs - all inclusive!

**Tabata** is a high intensity interval training for a total body work out. Uses different modalities of functional fitness. Continue to burn fat after you've left the gym! **Tabata Barre** Best of Barre-Tabata style!

**Yoga** is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct posture and balance as well as ease tension and stress.

**Zumba** features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. No need to be an expert in dance just a willingness to have fun while getting fit!

**Gymnasium Hours of Operations**  
Sun. 9am-6pm  
Mon-Thurs. 5am-10pm  
Fri. 5am-4pm  
Sat. CLOSED