

JANUARY GROUP EXERCISE SCHEDULE

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
MORNING	6:00	RIDE 60 6-7am Marianna (Laura, 7th) GENTLE FLOW YOGA 6-7am Angie CARDIO CORE FUSION 9:00-10:00am Micaela <i>Ortho-Kinetics Small Group</i> 9-10am Cecil/Roland PILATES BOSU BURN 11-11:45 Raven	Step TBC 6-7am Gillian YOGA FLOW 6-7am Youka CORE CONNECTION 9-10:00 Gretchen GENTLE FLOW YOGA 10-11am Charise	RIDE 60 6-7am Kim Adrenaline LIFT 6-6:50am Gretchen <i>Ortho-Kinetics Small Group</i> 8-9am Roland CARDIO BLAST 9-10:00am Micaela	20/20/20 6-7am Micaela YOGA FLOW 6-7am Angie BUTI YOGA® 10-10:45am Charise	RIDE 60 6-7am Todd <i>Ortho-Kinetics Small Group</i> 9-10 am Cecil /Roland CARDIO CORE FUSION 9-10am Marianna (Teiah, 11th)	RIDE 60 9-10am Katy POWER FLOW YOGA 9-10:15am (Youka, 5th, 19th) (Ava, 12th, 26th) PILATES MAT 9-9:50am Raven SPORTS NUT! 10-11am (Teiah 5th, 19th) (Micaela 12th, 26th)	RIDE 60 9:15-10:15am (Laura, 6th, 27th) (Charise 13th, 20th) RESTORATIVE YOGA 10:30-11:30am Gaby CLASS UPDATES NEW CLASSES!! Pilates Bosu Burn Mondays 11:00-11:45 Core Connection Tuesdays 9:00-10:00 Rhythm Ride Tuesdays 12:00-12:45 Group Power® Tuesdays 6:00pm-7:00pm Saturdays 11:15am-12:15 Buti Yoga® Thursdays 10:00-10:45am High Intensity Functional Training Thursdays 6:45-7:30pm			
	LUNCH	12:00	YOGA FLOW 12-1pm Ramona RIDE 12-12:45pm Teiah ADRENALINE LIFT 12-12:50pm Marianna	POWER FLOW YOGA 12-1pm Tamara RHYTHM RIDE 12-12:45pm Katy SHOCK Treatment 12-1pm Anthony	POWER FLOW YOGA 12-1pm Ramona PILATES SCULPT 12-12:50pm Raven RIDE 12-12:45pm Heather HYPE! 12-1pm Anthony	YOGA FLOW 12-1pm Gaby CROSS TRAIN CHALLENGE 12-1pm Anthony H.I.I.T. 12-12:50pm Teiah <i>(small group training studio)</i>	YOGA FLOW 12-1pm Angie RHYTHM RIDE 12-12:45pm Teiah PILATES MAT 12-12:50pm Hannah	YOGA FLOW 10:30-11:30am (Youka, 5th, 19th) (Ava, 12th, 26th) GROUP POWER® 11:15-12:15 Shannon NEXT LEVEL 11:15-12:15 Shawn <i>(small group training studio)</i>			
		EVENING	6:00	YOGA FLOW 6-7pm (Ava, 7th, 21st) (Gaby, 14th, 28th) RIDE 6-6:45pm Kim MATRIX 6-7pm Lizzie	YOGA FLOW 6-7pm Ava TBC 6-7pm Kim BARRE FUSION 6-7pm Raven <i>(small group training studio)</i>	GROUP POWER® 6-7pm Shannon RIDE 6-6:45pm Laura GENTLE FLOW YOGA 6:15-7:15pm Kendra	HIGH INTENSITY FUNCTIONAL TRAINING 6:45-7:30pm Rita RESTORATIVE YOGA 6-7pm Tamara BARRE FUSION 6-7pm Hannah <i>(small group training studio)</i>	Members & Guests MUST enroll online for ALL CLASSES. <i>Enroll online through member portal, at Service Desk, or Member Kiosk.</i> FITNESS Membership = \$5 drop-in fee for ALL classes TELOS Membership = Includes BLACK classes only (no longer available) Performance Membership = Includes Black & GREY classes RED = *SGT Small Group Training (\$25/class) *Instructors are subject to change without notice.			





2019 Class Descriptions

Group Power® - Mossa trademark results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. *60 minutes*

High Intensity Functional Training - Improve functional fitness, mobility and stability while increasing muscle strength and endurance. Attention will also Strength Training be placed on core strength and flexibility. *45 minutes*

Adrenaline LIFT - Strength & Conditioning class using barbells and dumbbells with intervals of Cardio drills. All levels welcome. *50 minutes*

Cardio Blast- This 30 minute class is designed to blast your cardio fitness & work your muscles in everyway possible. The class will alternate kickboxing, step, high/low impact. Sports conditioning format. *60 minutes*

Cardio-Core Fusion - Great workout focusing on the core but also the entire body to increase strength and stamina with cardio drills, weights, fit balls and more. This high energy, time efficient strength and conditioning class is broken down into segments of continuous cardio drills followed by strength movement progressions that will leave you drenched. You will maximize your workout time in this "Get Ripped" class. *60 minutes*

Core Connection- This class engages the core with exercises that increase CORE balance, stability and strength from the floor. Various exercise equipment will be used. *60 minutes*

Cross Train Challenge - The perfect combination of cardio and strength CHALLENGE incorporating athletic principals and functional Int./Advanced strength. Core work included. *60 minutes*

H.I.I.T.- Using weights and cardio, this class combines quick bursts of High Intensity Exercise followed by short, active recovery time. *50 minutes*

HYPE! - Elevate your fitness factor! Get better, stronger, faster. Achieve peak performance and overall conditioning in this heart pounding, sweat focused, body transforming, push yourself beyond your limits class. *60 minutes*

MATRIX - A unique, sport-inspired training program designed to take you to a new level of fitness and athleticism! This group workout incorporates drills and principles used by world class athletes. It uses teamwork, competition and camaraderie to increase the energy and the results. MATRIX trains you to be strong and increase your endurance like no other. *60 minutes*

NEXT LEVEL - This class is designed to go over form, technique, and functionality of boxing, while also providing you with a cardio and strength workout! *60 minutes*

20/20/20 - 20 minutes of cardio, 20 minutes of strength training, 20 minutes of core conditioning. Get it ALL in this time efficient workout! *60 minutes*

SHOCK Treatment - a total body workout with an emphasis on a specific body part to get the ultimate SHOCK through weight and cardio exercises. The SHOCK emphasis will vary from week to week focusing on a different muscle group aiming to gain strength & endurance by increasing the load to the specified body part(s). *60 minutes*

Sports Nut - Speed. Agility. Power. An advanced class using a variety of tools such as agility ladders, cones, hurdles, and jump ropes, combined with plyometrics and resistance training, you don't have to be an athlete to train like one. This is for the sports star in all of us! *60 minutes*

Ride - An intense cycling workout that takes you on a physically- and mentally-focused journey. Classes have specific workout profiles such as: Interval, Hill Climb, Endurance and Recovery. *Instructor's choice. 45 minutes.*

Ride 60 - Add an extra 15 minutes to your Ride to increase your endurance and push you to the next level of fitness! *60 minutes*

RhythmRide® - A cycling workout focused on riding to the rhythm and beat of the music. They rhythm brings the class together allowing for all skill levels to enjoy. *45 minutes*

MIND BODY FORMATS

Yoga Flow - This is a Vinyasa flow class designed for all levels, Modifications will be shown for people who are fairly new to the practice, but advanced poses will be offered for a more seasoned student. Build strength and flexibility, clean the mind and awaken the spine.

Gentle Flow Yoga - A slower vinyasa flow that is perfect for beginners and for the more experienced yogis ready to slow the pace down., heal and find balance. The important aspect of this practice is to explore and become stronger in foundational poses. *60 minutes*

Restorative Yoga - a revitalizing, energizing, relaxing yoga practice that combines Hatha and Yoga Therapy techniques. This class empowers you to take your practice into a higher level of body, mind and spirit restoration. *60 minutes*

Buti Yoga® - a trademarked style of yoga consisting of cardio-intensive tribal dance, strength + conditioning or floor work/core work. *45 minutes*

Power Flow Yoga - This class is designed to reveal new levels of power, strength, control and balance that you never thought you had. *60 minutes*

Barre Fusion is cardio workout incorporating Ballet movements at the barre, Pilates and Resistance . This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe. Barre Fusion is a challenging, yet safe and graceful as it utilizes low impact, dynamic movement with fluid transitions to maximize caloric-burn. *60 minutes*

Pilates BOSU Burn - The Classical Pilates Mat sequence incorporating the balance/stability challenge of the Bosu Ball. This class is easy on your joints with little to no impact while still incorporating cardio and elements of Pilates like sculpting and lengthening. Be ready to sweat, shake and burn while perfecting your favorite Pilates excercises, with a twist! *50 minutes*

Pilates Mat - For fabulous abs, try the traditional system of Pilates mat work. Pilates teaches you to initiate movement from your "Power House," a term used for the musculature of the core, lower back, glutes and inner thighs for a longer, stronger, more balanced body. *50 minutes*

Pilates SCULPT - This unique Pilates-based class will challenge your strength, increase your stamina, and balance your body. Trim, tone, and sculpt your whole body! *50 minutes*

Gentle Flow Yoga - A slower vinyasa flow that is perfect for beginners and for the more experienced yogis ready to slow the pace down., heal and find balance. The important aspect of this practice is to explore and become stronger in foundational poses.

Ortho-Kinetics® Small Group Training - The precision of personal training with the perks of a group. Led by a biomechanics specialist, this group training is ideal for maximizing strength, stability and mobility. \$25 per class (Not included in Performance). Contact Member Experience for more