

MARCH GROUP EXERCISE SCHEDULE

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00	RIDE 60 6-7am Marianna GENTLE FLOW YOGA 6-7am Angie Ortho-Kinetics Small Group 8-9am Cecil/Roland CARDIO CORE FUSION 9:00-10:00am Micaela PILATES BOSU BURN 11-11:45 Raven (Rita, 4th)	Step TBC 6-7am Gillian DYNAMIC FLOW YOGA 6-7am (Tamara 5th, 12th) (Youka 19th,26th) CORE CONNECTION 9-9:45 Gretchen GENTLE FLOW YOGA 10-11am Charise	RIDE 60 6-7am Kim Adrenaline LIFT 6-6:50am Gretchen Ortho-Kinetics Small Group 8-9am Roland CARDIO BLAST 9-10:00am Micaela	20/20/20 6-7am Micaela VINYASA FLOW YOGA 6-7am Angie VINYASA FLOW YOGA 10:00-11:00 Charise	RIDE 60 6-7am Todd CARDIO CORE FUSION 9-10am Marianna Ortho-Kinetics Small Group 9-10 am Cecil /Roland	GROUP POWER® 8:45-9:45am Shannon RIDE 60 Katy POWER FLOW YOGA 9-10:15am (Youka 2nd, 30th) (Tamara 9th) (Ava 16th, 23rd) PILATES MAT 9-9:50am Raven SPORTS NUT! 10-11am (Teiah 2nd, 16,th 30th) (Micaela 9th, 23rd)	RIDE 60 9:15-10:15am Charise RESTORATIVE YOGA 10:30-11:30am Gaby CLASS UPDATES Saturday, 11:15 Next Level Cancelled until further notice due to instructor injury. Please note time changes: Thursday, HIGH INTENSITY FUNCTIONAL TRAINING moved to 6:30pm Saturday, GROUP POWER® Moved to 8:45am
	12:00	PRANA FLOW YOGA 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 RIDE 12-12:45pm Heather (Charise, 13th) HYPE! 12-1pm Anthony PILATES SCULPT 12-12:50pm Raven	VINYASA FLOW YOGA 12-1pm Gaby CROSS TRAIN CHALLENGE 12-1pm Anthony H.I.I.T 12-12:50pm Katy <i>(small group training studio)</i>	VINYASA FLOW YOGA 12-1pm Angie RHYTHM RIDE 12-12:45pm Teiah PILATES MAT 12-12:50pm Hannah	YOGA FLOW 10:30-11:30am (Youka 2nd, 30th) (Tamara 9th) (Ava 16th, 23rd)	
EVENING	6:00	RIDE 6-6:45pm Kim MATRIX 6-7pm Lizzie	AROMATHERAPY YOGA 6-7pm Ava TBC 6-7pm Kim BARRE FUSION 6-7pm Raven <i>(small group training studio)</i> (Cancelled March 5th)	GROUP POWER® 6-7pm Shannon RIDE 6-6:45pm Laura GENTLE FLOW YOGA 6:00-7:00pm Kendra	RESTORATIVE YOGA 6-7pm Tamara HIGH INTENSITY FUNCTIONAL TRAINING 6:30-7:15pm Rita	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*

T.B.C. (Total Body Conditioning) - Combine continuous cardio training with muscle strength and endurance movements using a variety of equipment. TBC cycles intensive activity with built-in active recovery. An efficient class suited for those with busy schedules who need to maximize workout time. *60 minutes*

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*

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

Vinyasa Flow Yoga - Vinyasa Yoga is a flowing, dynamic sequence of poses that is one of the most popular styles of yoga in the United States. This type of practice involves synchronizing the breath with a continuous flow of postures. Vinyasa flow movements increase flexibility, strength, and stamina, as it calms the mind and improves overall health.

Prana Flow Yoga -An energetic, creative approach to embodying the flow of yoga created by Shiva Rea and the Global Vinyasa Collective of Teachers. Students of all levels are empowered to experience Prana - the universal source of breath, life-energy and conscience intelligence - as the navigating source of yoga practice and vital living.

Dynamic Flow Yoga - Powerful Vinyasa flow that utilizes a series of dynamic movements, static strength, stability and endurance. This sequence will take you through many strong poses as well as traditional poses with occasional option for handstand and arm balances. *60 minutes*

Power Flow Yoga - This class is for the advanced yogi, designed to reveal new levels of power, strength, control and balance that you never thought up had. Gliders, bender balls & bands may be used during this power flow yoga. *60 minutes*

Gentle Flow Yoga - A slower vinyasa flow that is perfect for and for all level, 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*

Aromotherapy Yoga - Aromotherapy yoga helps your mind and body find peace, balance & focus. Using therapeutic grade essential oils aromatically and topically in yoga can achieve new levels of emotional renewal and physical recovery. This is a heated all-levels vinyasa flow class. *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*

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 exercises, 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*