



SEPTEMBER FITNESS CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Sports HIIT Kristen		Sports HIIT Connor			
7:00 AM		Total Body Blitz Steve	Mat Pilates Marina	Total Body Blitz Steve			
8:00 AM	Anusara Yoga Rita	Vinyasa Yoga Rebecca	Yoga Sally	Vinyasa Yoga Rebecca	Yoga Wendy		Mat Pilates Rebecca
8:30 AM	Aqua Fitness Jessica	Aqua Fitness Wendy	Aqua Fitness Wendy	Aqua Fitness Wendy	Aqua Fitness Jessica		
9:00 AM	HIIT Brice	Tai Chi Brian Bayview Terrace	HIIT Jessica	Tai Chi Brian Bayview Terrace	HIIT Brice	Yoga & Meditation Wendy	Slow Flow Yoga Rebecca
10:00 AM	TRX Jessica *	Renewal Stretch Mimi	TRX Jessica *	Zumba Lori	TRX Jessica *	Zumba Chrisie	HIIT Abby
11:00 AM	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry		
12:00 PM	Chair Yoga Wendy		Yoga Wendy	Renewal Stretch Kitty	Renewal Stretch Kitty		
1:00 PM		Pilates Rebecca		Mat Pilates Kitty			
6:00 PM	Mat Pilates Kitty	HIIT Abby	Mat Pilates Kitty	HIIT Abby			
7:00 PM		Yoga Danielle		Yoga Wendy			

* Registration required, limited spaces available

** Class lengths vary from 45 to 55 minutes



CLASS DESCRIPTIONS

Anusara Yoga	An alignment-based yoga class that includes a sequence of sun salutations, standing, balance, seated and supine poses, with focus to strengthening actions for hips, shoulders, and back.
Aqua Fitness	Enjoy a low-impact, full-body workout in the water designed to improve cardiovascular endurance, strength and flexibility. Using the natural resistance of the water, this energizing class is gentle on the joints while providing an effective and refreshing exercise experience.
Chair Yoga	Chair yoga is a gentle practice in which postures are performed while seated and with the aid of a chair. These classes typically target those with physical disabilities or people who find a typical yoga session too challenging. It's a great for someone who is a beginner, or looking for a gentle practice.
HIIT	High Intensity Interval Training is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.
Mat Pilates	A low-impact yet intense physical conditioning class that enhances strength, endurance, and flexibility. Emphasis on postural alignment, core strength and a balanced body.
Renewal Stretch	This stretch class focuses on muscle awareness and range of motion. Controlled movements that help prevent injury, improve posture and tone your body. Enjoy this easygoing stretch class with something for everyone.
Slow Flow Yoga	A relaxing, all-levels yoga class featuring gentle movement, mindful breathing and deep stretches to help restore balance in body and mind. Leave feeling refreshed, centered and renewed.
Sports HIIT	Sports specific strength training geared towards golfers. This class will introduce rotational movements to increase your daily functionality. Working with strength exercises, increasing full range of motion and moving properly; you will get everything you need out of this workout to be better in life and in your sport!
Strength Training	This total body functional strength training class increases muscle mass, improves core strength, enhances balance and elevates your overall wellness... all while having a great time! The use of compound movements with dumbbells will definitely provide a challenge for all fitness levels.
Tai Chi	An ancient martial art that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai Chi improves balance, strength, flexibility, and the mind-body connection.
Total Body Blitz	A fun and challenging class hitting your body from all angles. A fusion of movement patterns from kickboxing, mixed martial arts, sports performance, and yoga to get your heart pumping and body rocking! Finish strong with ab work finishers. Get ready to sweat!
TRX	Using the TRX suspension system and body weight exercises, you will challenge your body with a workout designed to torch calories, build strength, and improve heart health.
Vinyasa Yoga	Link breath with movement as you flow through variations of traditional sun salutations. This style of yoga enhances cardiovascular benefits. Creative transitions challenge balance and heighten the mind-body connection. Periods of holding challenge poses increase strength, tone muscles, and improve flexibility.
Yoga	Experience calming movements and gentle stretches that release tension and quiet the mind. This restorative practice leaves you feeling balanced, refreshed, and at ease.
Yoga & Meditation	A class that renews both body and mind. 40 minutes of yoga poses followed by 10 minutes of guided meditation to leave you completely recharged.
Zumba	Take the "work" out of workout! This class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness PARTY set to Latin and international rhythms.