

# Class Schedule

# November

Monday to Thursday / 5 am – 8 pm  
Friday / 5 am – 7 pm  
Saturday and Sunday / 7 am – 3 pm

*Class descriptions on back.*

## MONDAY

6 – 6:30 am  
**HIIT**  
*Spencer / Fitness Floor*

**NEW CLASS!**  
11:30 am – Noon  
**Total Body Strength**  
*Charmayne / Studio*

Noon – 12:30 pm  
**Circuit Training**  
*Kendall / Fitness Floor*

5:30 – 6:15 pm  
**SHiNE Dance Fitness**  
*Erica / Studio*

## TUESDAY

Noon – 12:30 pm  
**Yoga Flow**  
*Linda / Studio*

5:30 – 6:15 pm  
**Circuit Training**  
*Brandon / Fitness Floor*

## WEDNESDAY

Noon – 12:30 pm  
**Pilates**  
*Jayla / Studio*

5:30 – 6:15 pm  
**Trainer's Choice**  
*Seth / Fitness Floor*

## THURSDAY

9 – 9:45 am  
**Restorative Movement**  
*Ashley / Studio*

Noon – 12:30 pm  
**Trainer's Choice**  
*Jayla / Studio*

## FRIDAY

Noon – 12:30 pm  
**Cardio Core**  
*Kendall / Studio*

**CANCELLED**  
– HIIT on November 20  
– Shine on November 27

**CLOSED – Nov. 23 Thanksgiving**

**L** = Low Intensity   **M** = Moderate Intensity   **H** = High Intensity

**Breath by Breath** M

We spend 100 percent of our lives breathing. It is a natural and automatic process, but the way we breathe can be affected by our thoughts, emotions and stress levels. A 30-minute guided course centered around our bodies natural ability to self-soothe and self-regulate through every breath.

**Cardio Core** M

A fun-filled class that integrates a variety of cardio and core conditioning exercises for a balanced and invigorating workout.

**Circuit Training** M

Challenge your cardio workouts and strength systems in this high energy, total body conditioning class. Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building and improve muscular endurance through various stations.

**HIIT** M/H

"High Intensity Interval Training." This class is designed to be a total body, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to burn fat and improve your endurance. Modifications for all fitness levels are provided.

**Pilates** L/M

A class designed to work on your flexibility, core strength and endurance by performing movements that flow together in a graceful and efficient way.

**Restorative Movement** L

This class is more than a one-size-fits-all, it is a one-size-nourishes-all. It is a blend of modalities for the body while engaging the mind. A beautiful blend of yoga principles, stretching, resistance, body weight and breathing techniques. Restoration from the inside out.

**SHiNE Dance Fitness** M

This class brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop movements, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable and confident.

**Total Body Strength** M/H

A resistance class that focuses on the principles of strength training to help you increase strength and sculpt the body. This class will push you to do less reps with more weight to maximize your strength potential. You will use a variety of equipment, bodyweight, barbells and dumbbells.

**Trainer's Choice** M/H

This is a surprise class which will be decided upon by the trainer. This is sure to be a good time.

**Yoga** L/M

This class will teach individuals the basic fundamentals of yoga, which places the body with intention and purpose. Students will learn how to connect breath to movement through aligning the body, building strength, and how to find clarity in the mind, leading to relaxation and stress relief.