

Class Schedule July

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

Class descriptions on back.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Noon – 12:30 pm Circuit Training <i>Kendall / Fitness Floor</i>	Noon – 12:30 pm Yoga Flow <i>Linda / Studio</i>	5:30 – 6:15 pm Trainer's Choice <i>Seth / Fitness Floor</i>	6:15 – 7 am Yoga <i>Jamie / Studio</i>	Noon – 12:30 pm Cardio Core <i>Kendall / Studio</i>
5 – 5:30 pm Yoga <i>Jamie / Studio</i>	5:30 – 6:15 pm Circuit Training <i>Ryan / Studio</i>		Noon – 12:30 pm Trainer's Choice <i>Ryan / Studio</i>	

CLOSED – Monday, July 4th

Yoga with Jaime cancelled Thursday, July 7

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

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.

Cardio Core M

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

PiYo M

A class that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle – big and small. No jumps. No weights. Just hardcore results.

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.