

# Class Schedule

# December

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

*Nikki, Lainey – Fitness Floor*

Noon – 12:30 pm

### PiYO

*Melissa / Studio*

5:30 – 6:15 pm

### Turbo Kick

*Lauren / Studio*

*Dec. 13 only*

## TUESDAY

Noon – 12:30 pm

### Yoga Flow

*Linda / Studio*

Noon – 12:30 pm

### Beginner's Strength

*Seth / Fitness Floor*

5:30 – 6 pm

### Pilates

*Angela / Studio*

## WEDNESDAY

6 – 6:30 am

### HIIT

*Lainey / Fitness Floor*

5:30 – 6:15 pm

### SOULfusion

*Lauren / Studio*

*Dec. 1 only*

5:30 – 6:15 pm

### Trainer's Choice

*Seth / Fitness Floor*

## THURSDAY

Noon – 12:30 pm

### Pilates

*Angela / Studio*

5:30 – 6:15 pm

### Beginner's Strength

*Kendall / Fitness Floor*

### *In accordance with state guidelines:*

- Masking is encouraged but not required while exercising.
- Masking is required anytime an individual is not exercising.
- Six feet social distance must be maintained at all times.
- Equipment cannot be shared and must be wiped down after use.

### **Holiday Schedule**

**Closed Dec. 24 & 25 - Merry Christmas!**

**Closed Dec. 31 & Jan. 1 - Happy New Year!**

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

**Beginner's Strength** L/M

A class aimed at beginners! It will include a series of low-moderate intensity strength training exercises to help you increase strength gradually. This will be a great addition to your cardio workouts!

**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 performing movements that flow together in a graceful and efficient way.

**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.

**SOULfusion** L/M

A group fitness format that is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music. It offers modifications for all levels.

**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.

**Turbo Kick** L,M,H

The ultimate cardio-kickboxing experience, Turbo Kick LIVE is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio-kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting!

**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.