

Group Fitness Reduced Schedule July 20th - August 31st, 2020

- Outdoor classes are as weather permits- fitness studio is used as an alternate room
- Members required to bring their own yoga mats
- Minimize use of equipment – no sharing

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am			Outdoor intervals Express(45) *NEW July-Jacquie August-Amanda		Cardio Intervals Amanda July 23-Jacquie		Interval Training Jacquie
9:15am (downstairs)		Cycle Yoga Susan Aug 3- Amanda		Cycle Core Gord		Group Cycle Amanda	
10:00 am (upstairs)	Zumba Stephanie	Sculpt Liad	Zumba Stephanie	Strength & Stretch Jacquie		Sculpt Jacquie	
10:00 am (downstairs)	Group Cycle Jenna						
10:30am					Zumba Liad		YogaFit June/July-Julia July 5, August-Maria
11:30am	Yin Yoga Rose						
12pm		Cardio/Muscle Liad	Yin Yoga June-Rose V. July/August-Susan	Outdoor YogaFit Andrea R	Cardio/Muscle June/July Sharon August- April	Sculpt Kevin R July 31, Aug 21 – April	
6:30pm (upstairs)		Zumba (6pm) Stephanie	YogaFit June/July-Maria August-Rose	Cardio Muscle June-Max July/Aug-April	Outdoor YogaFit *NEW Andrea R		
6:30pm (downstairs)				Cycle/TRX Joanna			

Total classes: 25

Class Description

Sculpt- is a general full body resistance class. Depending on the instructor you will use a combination of dumbbells, resistance bands, and bodyweight

Strength & Stretch (S&S)- Half an hour of strength conditioning with a half-hour of working on flexibility.

Cardio/Muscle- A mix of freestyle cardio with full body strength training using a combination of tubing and light weights.

Interval Training- Interval class that includes a combination of strength and cardio moves

Cardio Intervals- This class will vary it's intensity throughout but is sure to keep your heart rate elevated using a variety of cardio based exercises that emphasize using bodyweight; it will include a dedicated stretch to finish

Zumba- A cardio workout to the latest Latin beats, this class is as much a party as it is a workout!

Yoga Fit- A holistic approach that uses postures, breath awareness, and relaxation technique to balance the mind, body, and spirit. Class is suitable for participants new to yoga with emphasis on execution of poses.

YIN Yoga- is a slow-paced style of yoga with postures that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

Group Cycle/Core- Combine the endurance training of Indoor Cycling with a comprehensive core workout.

Group Cycle/Yoga- This program will combine the cardio conditioning of Indoor Cycling with the strength and flexibility of yoga poses. Develop your aerobic system, muscular strength and flexibility in this total body experience.

Cycle/TRX- This 75 minute class provides you with both cardio and strength training. You will begin with a 40 minute cycle and then transition to a strength focused TRX workout and finish with a stretch.