



# July Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>6:05-7:05am</b>		Get Lifted (Hannah)			Get Lifted (Hannah)	
<b>7:00-8:00am</b>			Morning Fitness Swim (Cass)			
<b>8:30-9:30am</b>						Power Yoga (Simone)
<b>9:30-10:30am</b>					<b>Board Meeting 7/14/2017 9:00am</b>	
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)	<b>Yoga Sculpt (Brittany)</b>	S.I.T (Justin)	HITT (Donna)	
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
<b>12:00-1:15pm</b>		12:00-12:30pm Form Workshop* (Hannah)			Gentle Yoga (Sophie)	
<b>1:30-3:00pm</b>	<b>Kids Camp in Fitness Studio</b>	<b>Kids Camp in Fitness Studio</b>	<b>Kids Camp in Fitness Studio</b>	<b>Kids Camp in Fitness Studio</b>	<b>Kids Camp in Fitness Studio</b>	
<b>5:30-6:30pm</b>	Total Body Blast (Missy)	Spin* (Joel)	Strength & Conditioning (Chapin)			
<b>6:35-7:35pm</b>	<b>Power Yoga (Brittany)</b>	<b>Vinyasa Flow (Brittany)</b>	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

*\*Advanced sign up required for classes with an asterisk\**

*\$ Fee for classes with a dollar sign \$*

### ***New Yoga Class Wednesdays at 9:15am with Brittany Anderson***

Yoga Sculpt is a high energy yoga class that incorporates free weights, cardio bursts, and plyometrics for a full body workout! Participants will get cardio, strength training, and gains in flexibility with each class. All levels are welcome as modifications are always offered and students are encouraged to take it at their own pace and to choose their intensity level. This class is extremely fun, upbeat and a fantastic workout taught by Brittany Anderson. This class is free and will only be offered for a limited time, so try it now before it's gone!!

***Fitness Class Cancellations:*** Please note that all fitness classes have been cancelled on Tuesday, July 4th. We hope you have a wonderful holiday!



## Fitness Class Descriptions

**20/20/20** - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

**MORNING FITNESS SWIM** – Work on technique and conditioning. If you just want to up your game, meet with swim buddies, or fine tune your strokes, this is the class for you!! Coach Cass provides structured workouts to motivate you and help you reach your goals.

**CARDIO TENNIS** – Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases.

**GENTLE YOGA**—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or is looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength and flexibility. This practice excludes all inversions and extreme backbends.

**GET LIFTED** – Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

**HIIT** – High Intensity Interval Training with Donna is a class focusing on building strength and incorporating cardio. Try it on Fridays at 9:15am!

**PILATES MAT CLASS** - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

**POWER YOGA** – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

**RISE, SHINE, AND ALIGN YOGA** – Anusara alignment principles of muscular engagement and organic extension with focus on breath and vinyasa flow.

**SPIN** - A cardio workout without comparison. All instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Each instructor creates a different design for each class.

**S.I.T.– “Strength and Interval Training.”** Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

**STRENGTH & CONDITIONING** - This class incorporates free weights, kettlebells, medicine balls, and body weight exercises. This class blends movements that recruit multiple muscle groups with circuit training for a full body burn.

**TOTAL BODY BLAST** – This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, and finishes with core work and stretching for a well-balanced total body workout!

**VINYASA FLOW YOGA**— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga allows for a lot of variety, but you can expect movement, not just stretching.

**VINYASA/RESTORATIVE** – In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.

**ZUMBA** – Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, and contagious steps to form a "fitness-party" that is downright addictive.