



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am	\$*Yoga Transformation	Get Lifted (Hannah)	\$*Yoga Transformation (Grace)	Get Lifted (Hannah)			
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)				Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)	Spin/HIIT (Aaron)	S.I.T (Justin)	Board Meeting 7/13/18 9:00am		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm					Gentle Yoga (Sophie)		
3:30-5:00pm	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio	Kids Camp in Fitness Studio		
5:30-6:30pm	Lift the Barre (Hannah)	\$*Yoga Transformation (Grace) 5:00-6:15pm Spin* (Joel)	Spin* (Aaron) Strength & Conditioning (Chapin)	\$*Yoga Transformation (Grace) 5:00-6:15pm			
6:35-7:35pm		Nutrition Series: Digestive Wellness 7/10/18 5:30pm	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 Transformation Class with Grace Clinton

This class is designed to focus on the integrity of alignment and power of breath, while integrating yogik wisdom. More than just a workout, this empowering class teaches yoga as a means of self-care and personal education. Besides a challenging yet fun array of *asana*, this class will touch on other techniques to enhance your practice and quiet the mind, including *pranayama* (purification by breath) and *Dhyana* (meditation). All levels welcome! This class is offered Monday/Wednesday from 6:05-7:15am and Tuesday/Thursday from 5:00-6:15pm. Sign up is required; minimum of 4 participants to run class. \$20 per person, per class.

Fitness Class Cancellations: Please note that all fitness classes have been cancelled on Wednesday 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.

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!

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.

RESET & RESTORE YOGA — In this class, Karlie will teach 30 minutes of power yoga, followed by 30 minutes of restorative yoga. The perfect way to end your weekend!

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.

SPIN/HIIT — Take a break in your day to join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a year round athlete with structured classes to help you succeed!

S.I.T.— “**Strength and Interval Training.**” Another high energy conditioning class utilizing the step, bo-su, 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.

LIFT THE BARRE — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, 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.