



December Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)		
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)	Saturday Flow Yoga (Sophie)
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 12/14/18 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm					Gentle Yoga (Sophie)	
4:00-5:00pm	After School in Fitness Studio	After School in Fitness Studio	After School in Fitness Studio	After School in Fitness Studio	After School in Fitness Studio	
5:30-6:30pm	Lift the Barre (Hannah)	Spin (Joel)	Strength & Conditioning (Chapin)			
6:35-7:35pm	Power Yoga (Karlie)		Stretch/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)		

December Fitness News

Nutrition Series: How to Fuel the Busy Family

Join Christine Pierangeli for a discussion on How to Fuel the Busy Family on Tuesday, December 11 at 5:30pm. This one hour discussion will focus on tips and tricks to help you fuel your family with easy and healthy food during this busy holiday season (and ALWAYS). Christine will take questions and provide a handout with information discussed, as well as some easy and nutritious recipes and snack ideas!

Holiday Personal Training Special for New Clients

Treat yourself or a loved one to the gift of health this holiday season. Get three 60 minute personal training sessions for only \$200! Gift certificates are available at the front desk. Package must be purchased at the front desk by December 31, 2018. Sessions must be used before December 31, 2019. Special for new training clients only.

December Fitness Schedule Changes/Additions

Lift the Barre with Hannah will return on Mondays at 5:30pm

Strength & Conditioning with Chapin will return on Wednesday evenings at 5:30pm

Please note all Fitness Classes are cancelled on 12/1, 12/24 & 12/31.

Get Lifted with Hannah is cancelled on Tuesday 1/1.

New classes and/or changed classes are listed in bold



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.

ABSolutely Pilates - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

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!

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!

MORNING FLOW YOGA — Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going.

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.

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, 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.

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.

STRETCH/RESTORATIVE YOGA — 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.