



June Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
8:30-9:30am			ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)		
9:00-10:00am	20/20/20 (Justin)			S.I.T (Justin)	Board Meeting 6/12/20		
12:00-1:00pm		Bodyweight Blast (Hannah)			Gentle Yoga (Sophie)		
4:30-5:30pm			All Ages Uplifting Yoga (Allie)				
5:30-6:30pm	Lift the Barre (Hannah)		Strength & Conditioning (Christina)	Stretch/Restorative Yoga (Sophie)			5:15-6:15pm Reset & Restore Yoga (Allie)
6:30-7:30pm	Power Yoga (Christy)						

June Group Fitness - Please read our new protocols

1. Maximum of 6 people per class, make reservations in advance by calling the front desk.
2. Homestead Owners and tenants may make reservations 2 days in advance. Non-resident members make reservations 1 day in advance. No walk ins or day of reservations allowed at this time.
3. You may only make 1 reservation per day (Group Fitness, Cardio/Weights, OR Tennis).
4. **All members must wear a mask and verbally check in at the front desk at your reservation time with name or membership number. Masks are recommended for use in all areas of the Club, but will not be required past check in.**
5. Please plan to arrive no more than 5 minutes before your reservation time.
6. Once you have finished your workout/reservation time, you will need to leave the club immediately.
7. Failure to arrive for reservations will result in suspension of privileges.
8. Your account must be current to make reservations.
9. Classes will be limited to 45 minutes.
10. Classes will be held outside and use body weight exercises whenever possible.
11. Members are responsible for bringing their own mat and sanitizing everything they touch.
12. Do not congregate outside the Fitness/Pilates studios.
13. Bring your own sweat towel, towel service will not be available at this time.

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.

ALL AGES UPLIFTING YOGA – Each class will include a series of yoga poses, breathing exercises, and meditation practices. Class ends with a period of relaxation and guided meditation.

BODYWEIGHT BLAST - Hannah's Bodyweight Blast will be a HIIT, plyometric and body weight based outdoor workout class specifically designed to get your heart pumping!

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

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!

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 – Restorative Yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as “active relaxation”. It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead!

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.

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.