



# December Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)
<b>9:00-10:00am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	<b>Board Meeting 12/11/20</b>
<b>9:35-10:15</b>					Zumba Gold (Endah)
<b>4:30-5:30pm</b>					
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)		Strength & Conditioning (Christina)		
<b>6:30-7:30pm</b>	Power Yoga (Christy)				

## December Group Fitness Protocols

1. **Some classes are now being held virtually.**
2. Please call the front desk in advance to learn if your class will be held in person or virtually.
3. The front desk will provide access info for our virtual classes.
4. If in person, there is a maximum of 6 participants. Reservations are required.
5. Homestead Owners and tenants may make reservations 2 days in advance. Non-resident members make reservations 1 day in advance. We are not allowing guests at this time.
6. All members must wear a mask and verbally check in at the front desk for in person classes.
7. Failure to arrive for reservations will result in suspension of privileges.
8. Your account must be current to make reservations.
9. Classes may be held outside and will use minimal equipment.
10. Members are responsible for bringing their own mat and sanitizing everything they touch.
11. Do not congregate outside the Fitness/Pilates studios.
12. Don't forget your sweat towel and water!

## 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 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.

**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.

**ZUMBA GOLD**— Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold is a perfect workout for beginners to Zumba and active older adults looking for a total-body wellness program that feels like a party, while revitalizing your mind and body.