



# October Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>6:00-7:00am</b>		Get Lifted (Hannah)		Get Lifted (Hannah)	
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Jewels/Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)
<b>9:00-10:00am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Jewels/Terry)		S.I.T (Justin)	<b>Board &amp; DRC Meeting 10/8/21 @ 9am Via Zoom</b>
<b>9:35-10:25</b>					Zumba Gold (Endah)
<b>4:00-5:15pm</b>	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio
<b>5:30-6:30pm</b>	<b>Winter Sports Conditioning (Hannah)</b>		<b>Winter Sports Conditioning (Jill)</b>		
<b>6:30-7:30pm</b>	Power Yoga (Jewels)				

# 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.

**GET LIFTED** — Get Lifted is a unique 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!

**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.

**WINTER SPORTS CONDITIONING** - Our Winter Sports Conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Class will be held on Mondays and Wednesdays from 5:30-6:30pm, beginning on Monday, October 4. Some classes will be held outside, so be sure to bring layers!

**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.