



October Fitness Schedule

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---------------------|--|---|--|--------------------------------------|---|
| 6:00-7:00am | | Get Lifted (Hannah) | | Get Lifted (Hannah) | |
| 8:00-9:00am | | | 7:30-8:30am ABSolutely Pilates (Kim) | Vinyasa Yoga (Sophie) | |
| 8:30-9:30am | | 8:30-9:15am Yoga Sculpt (Jewels/Terry) | | | ABSolutely Pilates (Kim)* |
| 9:00-10:00am | 20/20/20 (Justin) | 9:15-10:30am Gentle Yoga (Jewels/Terry) | | S.I.T (Justin) | Board & DRC Meeting 10/14/22 @ 9am In Person Only Meeting will be held in the Fitness Studio |
| 4:00-5:15pm | After School Program in Studio | After School Program in Studio | After School Program in Studio | After School Program in Studio | After School Program in Studio |
| 5:30-6:30pm | Winter Sports Conditioning (Hannah) | | Winter Sports Conditioning (Jill) | | |
| 6:30-7:30pm | Power Yoga (Sophie) | | | | |

October Fitness News

Winter Sports Conditioning is back this fall! 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 3. Some classes will be held outside, so be sure to bring layers!

***Please note:** ABSolutely Pilates with Kim is canceled on 10/14



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!

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!

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 3. Some classes will be held outside, so be sure to bring layers!