



# February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:00-7:00am</b>		Get Lifted (Hannah)		Get Lifted (Hannah)		
<b>8:00-9:00am</b>			7:30-8:30am ABSolutely Pilates (Kim)	Vinyasa Yoga (Sophie)		
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Jewels/Terry)			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 2/10/22 @ 9:00am Meeting will be held in the Fitness Studio</b>	<b>Primal Power (Noah)</b>
<b>4:00-5:15pm</b>	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	
<b>5:30-6:30pm</b>	Lift the Barre* (Hannah)		Fit Happens (Jill)	<b>SS Strength &amp; Mobility (Noah)</b>		
<b>7:00pm</b>	<b>Annual Meeting 2/20/23 @ 7:00pm Meeting will be held in the Fitness Studio</b>					

## New Trainer & Fitness Instructor - Noah East

We are pleased to introduce our newest fitness instructor and personal trainer, Noah East. Noah aims to help people live without chronic pain in the musculoskeletal system. With exercises that address dysfunction in the body, his clients transform their posture and movement patterns so that they can keep doing what they love with a smile instead of a painful wince. When the body is balanced and functioning well (without pain signaling something is wrong), sessions are ramped up to get you feeling your best, looking your best, and performing your best with fun and functional training. In a fitness journey designed specifically for your lifestyle, highest intentions, and bio individuality, Noah keeps sessions enjoyable, challenging, and educational while delivering the results most important to you. Measurably reduce pain, get stronger, and improve mobility. Schedule a FREE consultation with Noah by texting him at 336-496-1755 or emailing him at noah.m.east@protonmail.com. In addition to training, Noah will be teaching two free group fitness classes weekly, SS Strength and Mobility on Thursdays from 5:30-6:30pm and Primal Power on Saturdays from 9:00-10:00am. See fitness class descriptions on the back for details.



\*Please note that Hannah's Lift The Barre Class is cancelled on 2/20/203 due to our annual HOA meeting.

# 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.

**PRIMAL POWER** — What if you could optimize for 30% more longevity, significantly boost your athletic performance, release your emotions, prevent brain deterioration, play like a child, and practice mobility like a jungle cat in one workout a week? Complimenting Super Slow Resistance Training, this session is sure to keep your bones strong, increase your power output (essential for practically every sport), and enjoy mobility like you haven't had since you were a kid. Expect to play, learn, & grow with this judgement-free session involving calisthenics, plyometrics, dance moves, and more. Bulletproof the body, let your emotions flow, and optimize brain performance through movement with Noah.

**S.I.T.** – “Strength and Interval Training” Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

**SS STRENGTH & MOBILITY** — Join Noah for Scientific Super Slow Resistance to build a great physique, balance the musculoskeletal system, and enjoy significant strength gains without the wear and tear on joints. Rediscover mobility while optimizing your body for longevity with foam-rolling and stretching towards the end of the class. This session is great for all ages and ability levels because there is very little risk of injury and one starts with whatever level of resistance and range of motion manageable. Watch yourself progress from week to week and stay excited!

**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!

**FIT HAPPENS** — This dynamic class is great for all levels. It features mixed intervals of resistance training, cardio blasts, and core work. You can plan to expect the unexpected, as each class will be uniquely designed to challenge you to the max with having FUN!