



# October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sundays
6:00-7:00am		Get Lifted (Hannah)	<b>Cycling (Nina)</b>	Get Lifted (Hannah)	<b>HIIT or Miss (Sawyer)</b>	
7:30-8:30am	<b>Integrated Dryland Conditioning (Nina)**</b>		ABSolutely Pilates (Kim)			
8:30-9:30am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)*	
9:00-10:00am	20/20/20 (Noah)			S.I.T (Justin)	<b>Board &amp; DRC Meeting 10/13/23 @ 9:00am</b>	
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)	
4:30-5:20pm	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	Youth Strength and Gym Certification (Noah)
5:30-6:30pm	Lift the Barre (Hannah)	<b>Winter Sports Conditioning (Sawyer)</b>	Fit Happens (Jill)	SS Strength & Mobility (Noah)	<b>Endurance Cycle (Nina)</b>	Primal Power (Noah)

## New Fitness Classes for October

**\*\*Integrated Dryland Conditioning** A functional fitness class involving movements that will help you optimize your body for any adventure. With a focus on plyometrics, core and unilateral movements you'll be ready to shred on the mountain, run an upcoming race, and add longevity to your athletic performance. Mondays from 7:30-8:30am, **beginning on Monday, October 9**

**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. Tuesdays from 5:30-6:30pm, beginning on Tuesday, October 3.

**Cycling** A high-energy, calorie burning indoor cycling workout that's filled with various types of intervals and drills to keep your heart pumping. A workout that's suitable for every level of athlete, and can be easily adjusted to fit personal goals. Wednesdays from 6:00-7:00am, beginning October 4.

**HIIT or Miss** HIIT Or Miss incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating! Fridays from 6:00-7:00am, beginning October 6.

**Endurance Cycle** The ultimate athletic, cardiovascular, indoor cycling program to build a base for the biking season or simply get an incredible aerobic workout. This class has a focus on injury prevention, increasing your aerobic threshold, and using cadence and zone training to help reach your goals. Fridays from 5:30-6:30pm, beginning October 6.

# 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.

**ABSOLUTLY 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.

**CYCLING** — A high-energy, calorie burning indoor cycling workout that's filled with various types of intervals and drills to keep your heart pumping. A workout that's suitable for every level of athlete, and can be easily adjusted to fit personal goals. Wednesdays from 6:00-7:00am, beginning October 4.

**ENDURANCE CYCLE** — The ultimate athletic, cardiovascular, indoor cycling program to build a base for the biking season or simply get an incredible aerobic workout. This class has a focus on injury prevention, increasing your aerobic threshold, and using cadence and zone training to help reach your goals. Fridays from 5:30-6:30pm, beginning October 6.

**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!

**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 workout!

**HIIT OR MISS** — Incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating! Fridays from 6:00-7:00am, beginning October 6.

**INTEGRATED DRYLAND CONDITIONING** — A functional fitness class involving movements that will help you optimize your body for any adventure. With a focus on plyometrics, core and unilateral movements you'll be ready to shred on the mountain, run an upcoming race, and add longevity to your athletic performance. Mondays from 7:30-8:30am, **beginning on Monday, October 9**

**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!

**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!

**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. Tuesdays from 5:30-6:30pm, beginning on Tuesday, October 3.

**YOGA FOR EVERYONE** — Terry Copeland, instructor/guide! We welcome everyone for any duration, at any time. We would love to have you stay for the full 2 hours, but if you only have a few minutes to breathe and move with us- please come when you can... you are not disturbing. The teacher will adapt the class to the wants/needs and timeline of those in attendance. Popular format: 8:30-9:30 - Yoga with foam rollers (facilitates stretching) 9:30- 5-10 min mid class Savasana (guided meditation/relax/recover/china gel option) 9:40-10:30- yoga stretches/balances at the bar and flows/challenges/class choices

**YOUTH STRENGTH & GYM CERTIFICATION** - Noah invites our ambitious youth members ages 12+ to his new Youth Strength class where they will get certified to use weights and cardio equipment while building confidence and developing a strong foundation for a healthy lifestyle. They will leave with a great workout and their gym certification to use the weight room and cardio areas.