



April Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Sawyer)	HIIT or Miss (Sawyer)		
7:30-8:30am			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 (Jill)	Board & DRC Meeting 4/12/24 @ 9:00am		
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			Fit Happens (Jill)	SS Strength & Mobility (Noah)			Primal Power (Noah)
6:30-7:30pm			Yin Yang Yoga (Kenneth)				

April Fitness News

Get Lifted is back on Tuesday and Thursday mornings at 6:00am! Hannah will be teaching on Tuesdays and Sawyer will be teaching on Thursdays for the month of April.

Get Summer Ready with Sawyer

Join Certified Personal Trainer, Sawyer Harden, this April for an intermediate to advanced level four-week group training program to get you in the best shape for all your favorite summer activities. Sawyer will be offering this focused group training on either Mondays and Wednesdays at 11:00am or on Tuesdays and Thursdays at 5:30pm, with a maximum of four participants per group. Program dates are April 1st - April 25th. Program price is \$360 for members and \$520 for non-members. Sign up at the front desk!

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.

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 work out!

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!

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!

YIN YANG YOGA — Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence.

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.