



# May 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)		<b>Get Lifted (Hannah)</b>	HIIT or Miss (Sawyer)
<b>7:30-8:30am</b>			ABSolutely Pilates (Kim)		
<b>8:30-9:30am</b>		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
<b>9:00-10:00am</b>				S.I.T (Jill)	<b>Board &amp; DRC Meeting 5/10/24 @ 9:00am</b>
<b>9:30-10:30am</b>					9:30am Vinyasa Yoga (Sophie)
<b>4:30-5:20pm</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>	<b>Lift the Barre (Hannah)</b>		Fit Happens (Jill)		
<b>6:30-7:30pm</b>			Yin Yang Yoga (Kenneth)		

## Fitness Class Descriptions

**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!

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

**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