



# December Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>6:00-7:00am</b>		Get Lifted (Hannah)		Get Lifted (Hannah)	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>	Winter Sports Conditioning (Sawyer)			S.I.T (Jill)	<b>Board &amp; DRC Meeting 12/13/24 @</b>
<b>9:30-10:30am</b>					9:30am Vinyasa Yoga (Sophie)
<b>12:00-1:00pm</b>					Senior Strength (Braedan)
<b>4:00-5:00pm</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)	<b>Pedal &amp; Pump (Lisa)</b>	Winter Sports Conditioning (Lisa)		
<b>6:30-7:30pm</b>			Yin Yang Yoga (Kenneth)		

## December Fitness News

**Get Fit for the New Year with our Holiday Group Training Special!** The holiday season is here, and so is your chance to jumpstart your fitness journey with your friends! This December we are offering a package of 6 group training sessions for groups of 3-5 participants for only \$330 per person. Whether you're looking to stay active during the festive season or get ahead of your New Year's resolutions, now is the time! Work with certified trainers to reach your fitness goals. Package must be purchased at the front desk by December 31, 2024. Contact Hannah Ellison to schedule sessions.

**New Class - Pedal & Pump** will give you a fun, hard-hitting, innovative, unscripted and unique indoor cycling experience! Get full-body sculpting, and a cardio blast that will provide a good sweat and allow you to leave the stress of the day behind! All levels of cyclists welcome. SPD clips shoes or sneakers work on all bikes. Instructors can help with bike set-up and proper form. We recommend beginners arrive early for basic instruction. Every class will offer a unique experience with instructor crafted format, playlists, and shared goal! Offered on Tuesdays from 5:30-6:25pm, beginning on Tuesday, December 3.

**Holiday Class Cancellations** ~ please note there are no fitness classes on December 24, 25, 31 or January 1.

## 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!

**PEDAL & PUMP** — a fun, hard-hitting, innovative, unscripted and unique indoor cycling experience! Get full-body sculpting, and a cardio blast that will provide a good sweat and allow you to leave the stress of the day behind! All levels of cyclists welcome. SPD clips shoes or sneakers work on all bikes. Instructors can help with bike set-up and proper form. We recommend beginners arrive early for basic instruction. Every class will offer a unique experience with instructor crafted format, playlists, and shared goal!

**SENIOR STRENGTH** — This class is tailored for seniors looking to stay active and socialize! This dynamic class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you!

**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** — Whether you ski, ride, skin or glide get the sports specific training you need to have your best season yet! This comprehensive program focuses on building strength and endurance, achieving a stronger core and improving your agility and balance, all designed to enhance your performance on the mountain. Class will leave you feeling stronger and prepared for a great season on the slopes!

**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.