



January Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)	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	Peak Performance (Sawyer)			S.I.T (Jill)	Board & DRC Meeting 1/10/24 @ 9:00am
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)
12:00-1:00pm					Senior Strength (Braedan)
4:00-5:00pm	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
5:30-6:30pm	Lift the Barre (Hannah)	Pedal & Pump (Lisa)	S.A.S (Lisa)		Volleyball Conditioning Class* (Sawyer)
6:30-7:30pm			Yin Yang Yoga (Kenneth)		

January Fitness News

New Volleyball Condition Class on Fridays with Sawyer Harden

Elevate your game with our girls volleyball conditioning class, designed to enhance athletic performance, strength, and endurance of your female volleyball players. This class combines sport specific exercises with functional training to improve agility, speed, power and overall physical fitness. Participants will engage in a mix of drills, plyometrics, strength training and conditioning routines that mirror the demands of competitive volleyball. Ages 14-18, \$20 for members, \$30 for non-members. Offered on Fridays at 5:00pm, beginning on Friday, January 3. Please call the front desk to reserve your space. 5 minimum/18 maximum.

New Class - Peak Performance with Sawyer Harden

This high-intensity workout combines the best of both worlds: heart-pumping HIIT and effective strength training. Designed to improve cardiovascular endurance, build muscle, and burn fat, this class will push you to your limits. Whether you're lifting weights, performing bodyweight exercises, or incorporating functional movements, you'll experience a full-body workout that targets all major muscle groups. Suitable for all fitness levels, modifications will be provided to ensure everyone gets the most out of every session. Get ready to sweat, challenge yourself, and achieve results! Offered on Mondays at 9:00am, beginning on Monday, January 6.

New Class - Sculpt and Stretch (S.A.S) Class with Lisa Woods

Sculpt and Stretch class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility. Offered on Wednesdays evenings at 5:30pm, beginning on Wednesday, January 8.

Holiday Class Cancellations ~ There are no fitness classes on 12/31 or 1/1.

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.

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!

PEAK PERFORMANCE — This high-intensity workout combines the best of both worlds: heart-pumping HIIT and effective strength training. Designed to improve cardiovascular endurance, build muscle, and burn fat, this class will push you to your limits. Whether you're lifting weights, performing bodyweight exercises, or incorporating functional movements, you'll experience a full-body workout that targets all major muscle groups. Suitable for all fitness levels, modifications will be provided to ensure everyone gets the most out of every session. Get ready to sweat, challenge yourself, and achieve results!

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!

S.A.S — “Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility.

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!

VOLLEYBALL CONDITIONING CLASS — Elevate your game with our girls volleyball conditioning class, designed to enhance athletic performance, strength, and endurance of your female volleyball players ages 14-18. This class combines sport specific exercises with functional training to improve agility, speed, power and overall physical fitness. Participants will engage in a mix of drills, plyometrics, strength training and conditioning routines that mirror the demands of competitive volleyball.

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 time-line 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.