

	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 AM					Hatha Yoga
7:00 AM		Hatha Yoga			Bobbi
7:15 AM		Bobbi			(1 hour)
7:30 AM		(1 hour)			Paid for class
7:45 AM		Paid for class			
8:00 AM	40:20		Cardio Pump	Spin	Buns & Guns
8:15 AM	Matt		Matt	Latrice	Matt
8:30 AM	(45 Min)	Butts & Guts	(45 Min)	(45 min)	(45 min)
8:45 AM		Matt			
9:00 AM		(45 min)			
9:15 AM					Spin
9:30 AM					Latrice
9:45 AM					(45 min)
10:00 AM					
10:15 AM					
10:30 AM	Spin	Fit For Life	Spin	Fit For Life	Torso Training
10:45 AM	Latrice	Matt	Latrice	Matt	Matt
11:00 AM	(45 min)	(45 min)	(45 min)	(45 min)	(45 min)
5:00 PM	Hatha Yoga Fit + Flow	Spin		Cardio Pump	
5:15 PM	Jennifer H.	Latrice		Matt	
5:30 PM	(1 hour)	(45 min)		(45 min)	
5:45 PM	Paid for class				

6:00 PM			Aromatherapy Yoga		
6:15 PM		Torso Training	Bobbi	40:20	
6:30 PM		Matt	(1 hour)	Matt	
6:45 PM		(45 min)	Paid for class	(45 min)	
7:00 PM					

Group Exercise Class Descriptions

40:20: A fast paced circuit class that will consist primarily of bodyweight exercises with the use of some exercise tools.

Butts & Guts: A combination of core and lower body exercises.

Cardio Pump: A total-body muscular strength and endurance, emphasizing upper body, core and cardiovascular conditioning.

Fit for Life: Play smart and stay young. This class works within the muscular strength and endurance repetition range and consists of strength, balance, and flexibility exercises.

Spin: A class designed with the use of spinning bikes to provide a high-intensity, low-impact cardiovascular class.

Torso Training A class designed for total body strengthening with an emphasis on the upper body and core muscle groups utilizing suspension straps.

All yoga classes cost \$15.00 per class or a member may purchase 10 classes for \$100.00

Yoga - Hatha: Combines breathing techniques with yoga postures and a short relaxation designed to improve flexibility, strength, and balance.

Yoga – Hatha Fit + Flow: A class designed to focus on total body fitness while improving mobility and flexibility.

Aromatherapy Hatha Yoga: Incorporating essential oil aromatherapy to deepen and expand your yoga practice. Combining breath, movement, and aromatherapy to enhance mind-body awareness; improve focus, concentration, and relaxation.

Yoga - Vinyasa: A dynamic class that synchronizes body movements with breathing. Can also be called power yoga, it is characterized by different sequences of poses, including the Sun Salutation.