



## SPRING 2024 • GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am • Small Group Training	7:00am • Pilates (Kathy)	6:00am • Small Group Training (Terry)	7:00am • Pilates (Kathy)	6:00am • Small Group Training	8:00am • Yoga (Luba)
8:00am • HIIT Circuit (Terry)	8:00am • Barre HIIT (Judith)	7:00am • Kickboxing (Terry)	8:00am • Barre HIIT (Judith)	7:00am • Pi-Yo (Terry)	
10:45am • Restorative Yoga (Kathy)	10:45am • Yoga (Geri)	8:00am • Muscle (Terry)	10:45am • Yoga (Geri)	8:00am • Step Circuit (Terry)	
1:00pm • Small Group Training (Richie)	1:00pm • Small Group Training (Richie)	10:45am • Restorative Yoga (Kathy)	1:00pm • Small Group Training	10:45am • Yoga (Geri)	
4:00pm • Small Group Training (Luke)	4:00pm • Small Group Training (Luke)	1:00pm • Small Group Training (Richie)	4:00pm • Small Group Training		
5:00pm • Yoga (Geri)		4:00pm • Small Group Training (Luke)	5:00pm • Yoga (Geri)		

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**Barre HIIT** • A ballet barre inspired workout. Low Impact but high on results.

**HIIT Circuit** • Tons of cardio including intense muscle conditioning through lunges, squats and isometric holds. Next add some challenging core exercise for some “cardio core” muscle work!

**Pilates** • A full hour of full body strengthening and lengthening the core, back, hips. Focus on non impact strengthening moves using light weights, body balls and other Pilates apparatus. Great for all levels.

**Pi-Yo** • A dynamic pilates/yoga fusion class designed to give you the best of both worlds.

**Step Circuit** • Going back to old school cardio with the step with circuit training intervals great for all levels.

**Restorative Yoga** • This is a gentle, therapeutic style of yoga that uses props to support the body and deepen the benefits of the poses. It is a soothing & nurturing practice that promotes the effects of conscious relaxation.

**Yoga** • Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.

**Small Group Training** • 30 minute small group training session that can be purchased from our personal training department