

JANUARY 2024

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Gentle Yoga - Kat	Gentle Yoga - Jodie	Gentle Yoga - Cassidy	Gentle Yoga - Kat	Gentle Yoga - Kat	Flow Restore - Kat
9:00 am	Total Body - Bonnie	HIIT - Bonnie	Pilates - Bonnie	HIIT - Bonnie	Total Body - Bonnie	
10:00 am	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Zumba - Bonnie	
10:00 am			Yoga Yin - Cassidy		Fast Flow - Kat	
11:00 am	Aqua Aerobics - Bonnie		Aqua Aerobics - Bonnie			
12:00 pm		Movement & Core		Movement & Core		
4:00 pm		Sweat & Strength - Kat		Sweat & Strength - Kat		
5:00pm		Gentle Yoga - Kat		Restore Yoga - Kat		

CLASS DESCRIPTIONS

AQUA AEROBICS | Bonnie

This class is medium to high intensity, but low impact to protect your joints. Perfect for those who are just starting back to fitness as well as those who need a new challenge? Cardiovascular conditioning, muscular endurance and strength are emphasized. No swimming ability required. All fitness levels welcome!

AQUA ZUMBA | Bonnie

Aqua Zumba is a great way to work aerobic endurance, muscular resistance, flexibility and joint mobility all at the same time while incorporating the dance rhythms & flair that make Zumba Aqua so much fun! Musant expedis moluptatiunt et mi, occus etur am autatiasim eum de alis eumquis sant faccat odit inctore odi. Mus. Parioritat pliquunt.

YOGA | Kat

All ages and abilities will enjoy this chance to wind down and refocus priorities while increase flexibility and strength. Beginners welcome! Lor sum imil excea nonserro offic torrorese et voluptate volorepel molupti core pa parum veligenitaes archill uptate sapit inimus. Unt. Arume liquuntorrum aut adit, tenis eat magnim aut fugiaspe ligenimodit fugia cor rem velestiae vid Accullup taturibus quamus. Ignis nosam licaesto blania qui tent etum eum faccum, ommolenit porporum, ut quisit et rernam aboribus. Evel is dolorum am untiunt urepta nectem et et harchil ictoriatur? Ebis eum venducia ipiciduci odis eosapie ndaepelis doluptam sercit la con res expeliqui dollita

RESTORE YOGA | Kat

A class that focuses on creating space in your body through deep stretching and holding of poses. Props such as blocks, bolsters and straps provide the opportunity to improve flexibility. The perfect post golf, tennis work "in". Everyone invited to attend. Ra doluptas estesti res aliaero vitiistiur? Ro to blacerepe asin rerum que dolut resequi andelictur autatur sin rehent, ea quas ex eos est doluptia cusdam, Axim ratiam faci bearum et laboratecum qui omnimi, optatis remolor aut moluptas aut ea net re, ommolesto quae nulpa simpeliqui res

TOTAL BODY FITNESS | Bonnie

A total body workout routine concentrates on strengthening, toning & tightening your entire body with the use of the fitness ball. Weights & balance training. This class is designed for all levels! Volut est, sunt volupta tionsecture esciis esed magnim volupti uestor atempor as con et utam quid qui inum doluptate seratibuste nem

PILATES | Name

Pilates is excellent for gaining core strength and this beginner class is the perfect way to start building a stronger midsection that will be less prone to injury. Having a strong core can protect the back from injuries and ailments such as sprains, stiffness, and even bouts of sciatica. Pilate's targets the upper and lower abdominals, oblique's, and back, as well as toning the glues and thighs. All fitness levels welcome! Nequae volore, soloruptin etum hiciur, con res qui ut fugiae voluptae num dolestio qui blatis ut laniscia dollabo. Itat.

BARRE | Bonnie

Barre class is a combination of ballet, strength, yoga and Pilates, focusing on core, gluts balance and strength training. The class is taught at the barre with weight training and some additional floor work. All levels are welcome. Ratios est es aut in consequi cuptae volorae lam, aut molorecus exerem est alitia volupta veligendit ut earum

SWEAT (HITT) | Name

High-intensity interval training (HIIT) workouts are a popular kind of exercise that involve exerting your maximum energy during short periods of time. HIIT workouts require you bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. Your instructor will have your heart rate up while you move through a variety of different movements at your own pace. Increase your stamina and burn calories during this intense, but fun workout with exercises that can be both high impact and lower impact depending on your level.