

# FALL FITNESS SCHEDULE 2022

SCHEDULE EFFECTIVE: SEPTEMBER 12 – DECEMBER 18

Classes may be cancelled due to low sign up.  
Instructors may change with no notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
05:45am	<b>HIIT45</b> LINDA/DALMA 45min		<b>HIIT45</b> LINDA/DALMA 45min		<b>HIIT45</b> LINDA/DALMA 45min			
06:30am	<b>HIIT45</b> LINDA/DALMA 45min		<b>HIIT45</b> LINDA/DALMA 45min		<b>HIIT45</b> LINDA/DALMA 45min			
08:30am						<b>HIIT45</b> KATIE 45min		
08:45am	<b>HIIT45</b> LINDA/DALMA 45min	<b>Spin30</b> DALMA 30min	<b>HIIT45</b> LINDA/DALMA 45min	<b>Spin30</b> DALMA 30min	<b>HIIT45</b> LINDA/DALMA 45min			
09:30am	<b>GROUP POWER</b> DALMA/ASHLEY 60min	<b>active CIRCUIT</b> LINDA/ASHLEY/DALMA 60min	<b>20/20/20</b> DALMA/ASHLEY 60min	<b>CARDIO TENNIS</b> MARK 60min	<b>active CIRCUIT</b> LINDA/ASHLEY/DALMA 60min	<b>GROUP POWER</b> DALMA/ASHLEY 60min	<b>YOGA</b> (VINYASA) KATIE 60min	<b>CENTERGY</b> CLAIRE 60min
10:30am	<b>YOGA</b> (RESTORATIVE) KRISTEN 60min	<b>CENTERGY</b> CLAIRE 60min	<b>YOGA</b> (RESTORATIVE) KRISTEN 60min	<b>CENTERGY</b> CLAIRE 60min	<b>YOGA</b> (RESTORATIVE) KRISTEN 60min			
05:30pm	<b>GROUP POWER</b> HEATHER/DALMA 60min	<b>active CIRCUIT</b> LINDA/DALMA 60min	<b>GROUP POWER</b> HEATHER/DALMA 60min	<b>YOGA</b> (GENTLE) KRISTEN 60min	<b>CARDIO TENNIS</b> 60min			
06:45pm	<b>Spin30</b> TAISSA 30min		<b>Spin30</b> TAISSA 30min	<b>active CIRCUIT</b> LINDA/DALMA 60min				
07:00pm		<b>YOGA</b> (RESTORATIVE) CARRIE 60min						

\*Schedule subject to change without notice.

SP = SPIN STUDIO

SS = SUNSET STUDIO

TS = THE TRAIN STATION

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### STRENGTH, CARDIO & TOTAL BODY CONDITIONING



60 Minutes | All Levels | Medium Intensity  
**Strength Training**

Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP!



45 Minutes | All Levels | Medium to High Intensity  
**Cardio, Strength, Core**

HIIT45 is a 45-minute class focusing on high intensity strength, cardio, and core movements to deliver a robust workout in a condensed amount of time. Our unique programming style gets you moving efficiently and effectively to get you out and on with your day. Get ready to lose weight, get stronger, strengthen your core and just improve your overall level of fitness in the best 45 minutes of your day!



60 Minutes | All Levels | Medium Intensity  
**Cardio, Strength, Core**

This total body workout broken down 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core and stretch to complete this effective one-hour workout!  
**Ideal for all fitness levels with modifications provided.**



60 Minutes | All Levels | Medium Intensity  
**Total Body Conditioning**

Combine the total body conditioning with cardiovascular training through use of circuits and intervals. Exercises to get your heart pumping will be added to your muscular conditioning to make this a complete workout. Ideal for all fitness levels. Your instructor will provide you with options so that you can find the level of intensity and movement that is right for you.  
**Ideal for all fitness levels with modifications provided.**



60 Minutes | All levels | Medium to High Intensity  
**Cardio, Tennis**

Cardio Tennis® is a 60-minute fun filled group class featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a tennis professional, Cardio Tennis® includes a warm-up, cardio workout, and cool down phase. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis®.  
**Racquets & Balls are supplied**

### SPIN CLASSES



30 Minutes | All Levels | All Intensity Levels  
**Cardio, Strength**

Spin Power 30 will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush.  
**A great class that you control the intensity level.**

### YOGA/PILATE CLASSES



60 Minutes | All Levels  
**Yoga/Pilates/Core**

Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.



60 Minutes | All Levels | Low Intensity  
**Beginner, Relaxation Yoga**

Beginner and Advanced levels will benefit from restorative yoga postures that help to reduce tightness in muscles, connective tissues and joints. Breathing techniques are used to reduce stress and bring balance to the nervous system leaving you feeling calm and restored after each class.



60 Minutes | All Levels | Low Intensity Yoga  
**Recovery, Stretch & Core Yoga**

This class is a very gentle and slow moving yoga flow for all levels. There is a strong focus on subtle openings and tuning into your body and breath. Zoning in on hips, back, shoulders and restoring your mind to ensure a good nights sleep.



60 Minutes | All Levels | Medium Intensity Yoga  
**Recovery, Stretch, Core & Strength Yoga**

Vinyasa is a dynamic yoga flow that keeps you moving all class long! Movement sequences energetically transition between poses to promote strength, joint stability and mobility, balance and coordination. You can expect to blend movement with breath to explore an invigorating practice.