



# november

## Group Fitness Schedule

monday	8:45a - 9:45a Align & Define: Angie 10a - 11a Yoga: Angie  7p - 8p Body Burn: Wendi
tuesday	6:45p - 7:15p Circuit Madness: Angie
wednesday	9a - 10a Fit Body: Lynne 10a - 11a Pilates: Lynne  7p - 8p Body Burn: Wendi
thursday	5:30a - 6:15a Dirty 30: Chelsea *No class on 22 <sup>nd</sup>  6:45p - 7:45p Twilight Yoga: Katja *No class on 22 <sup>nd</sup>
friday	9a - 10a Fit Body: Lynne 10a - 11a Pilates: Lynne
saturday	9:15a - 10:15a Body Burn: Wendi *No class on 24 <sup>th</sup>
sunday	No Classes

# class descriptions

## **Body Burn: Wendi**

A high energy class that uses interval training to maximize fat loss, torch calories fast, build endurance and boost your metabolism! We will use resistance and cardio training techniques to improve your endurance and help you build strength in half the time of standard resistance training! We'll keep your body guessing by switching up the circuits every class. More fun, more sweat, more results!

## **Circuit Madness: Angie**

A circuit style class on the turf using resistance training and cardio to build endurance, strength, lean muscle growth and fat loss! This class targets all muscle groups by engaging in dynamic and isometric movements. New circuits each week challenge your body to push further and show results!

## **Pilates: Lynne**

This class will strengthen and tone your arms, abs, glutes and thighs through a variety of controlled, low impact exercises. After working a muscle, stretching will lengthen your muscles and improve your flexibility. Most moves will require only your own body weight, while some will incorporate light free weights and resistance bands. Variations will be introduced to accommodate all fitness levels.

## **Twilight Yoga: Katja**

This class introduces the fundamental principles of yoga with heavy core-focused stretches and movements. We set the mood with candle light to leave you feeling centered and calm. Variations will be introduced to accommodate all fitness levels.

## **Yoga: Angie**

A vinyasa style yoga class that connects breath with movement and incorporates balance, inversion and stretching. This style of yoga provides postures that are strung together in a short or longer flow and requires the mind to stay focused and in the present.

## **Fit Body: Lynne**

Designed for all fitness levels and ages, this class will work on your legs, arms, glutes and abs with free weights and a mat.

## **Align & Define: Angie**

This circuit style format offers you a total body workout using body weight and free weights to help target overall strength, flexibility and core conditioning. This is a great way to help tone your body as well as build muscle and burn calories for an aligned and defined you.

## **Dirty 30: Chelsea**

It's a race against time! A 30-minute high intensity workout consisting of timed circuits. See how many times you can lap each circuit in the allotted time! This HIIT based class is meant to burn a large number of calories in the least amount of time, while building lean muscle and torching fat!