

Summer 2019

GROUP FITNESS



| Monday 7/22 | Tuesday 7/23 | Wednesday 7/24 | Thursday 7/25 | Friday 7/26 | Saturday 7/27 | Sunday 7/28 |
|--|---------------------------------|---------------------------------------|-------------------------------------|--|---|---------------------------------------|
| 6:05-7:00am Spinning (Kim) | 6:05-7:00am Spinning/TRX (Kari) | 6:05-7:00am Spinning (Cindy) | 6:05-7:00am Spinning/TRX (Kari) | 6:05-7:00am Spinning (Cindy) | | |
| 8:00-9:00am Barre (Marissa M) | | 8:15-9:15am Yoga/YSI (Lynne) | 8:00-9:15am Vinyasa Yoga (Danielle) | 8:15-9:15am Zumba® (Emily S) | 8:00-9:15am Power Core (Ivazina) | 8:00-9:00am Spinning (Cindy) |
| 9:00-10:00am Water Aerobics (Ivazina) | | 9:00-10:00am Water Aerobics (Ivazina) | | 9:00-10:00am Water Aerobics (Ivazina) | 9:30-10:30am Water Aerobics (Ivazina) | 9:30-10:30am Water Aerobics (Ivazina) |
| 9:30 - 10:30am Spinning (Karen) | 9:30- 10:30am Zumba® (Courtney) | 9:30 - 10:30am Spinning (Karen) | 9:30- 10:30am Zumba® (Courtney) | 9:30 - 10:30am Spinning (Kim) | 9:30 - 10:45am Vinyasa Yoga (Marissa B) | 9:30-10:30am Zumba® (Jennie) |
| 10:45-11:15 am H.I.I.T. (Karen) | | 10:45 - 11:15am H.I.I.T. (Wendy) | 10:45 - 12:00am Yin Yoga (Danielle) | | 11:00-12:00am Zumba® (Courtney) | Vinyasa Yoga 10:45-11:45am (Jennie) |
| 11:30 - 12:45pm Healing Yoga (Marissa B) | | 11:30 - 12:45pm Healing Yoga (Andrew) | | 11:30 - 12:45pm Healing Yoga (Emily W) | | |
| 1:00-1:30pm Aqua Zumba® (Courtney) | | 1:00-2:00pm Pilates (Paula) | | 1:00-1:30pm Aqua Zumba® (Courtney) | | |
| 4:45-5:15pm TRX (Ivazina) | | 4:45-5:15pm TRX (Ivazina) | | | | |
| 5:15-6:15pm Strength & Core (Ivazina) | 5:30- 6:30pm Zumba® (Emily S) | 5:15-6:15pm Strength & Core (Ivazina) | | | | |
| 6:30 - 7:45pm Yinyasa Yoga (Jaclynn) | | 6:30-7:45pm Vin/Yin Yoga (Judy) | | | | |



SPINNING



DANCE



STRENGTH



YOGA



SWIM

Our professional instructors have developed a schedule of fitness classes that cater to all ages, abilities and fitness levels. We continually update our classes. Fitness class schedule is subject to change. Individual fitness classes are subject to cancellation. Please call our front desk at: (530) 587-9437 for the latest information.

Barre Above®

Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. Barre Above® classes teach you to find the strength of a dancer within you, and to transform your body.

Healing Flow Yoga:

This class blends breath awareness and specific alignment to calm and heal the mind and body.

H.I.I.T. (High Intensity Interval Training):

This is a **30-minute** non-stop, powerhouse workout that is guaranteed to burn calories and get your heart pumping. H.I.I.T. will include cardio intervals using the jump training, sculpting and floor drills. Kick up your metabolism, strengthen core and experience explosive power!

Line Dancing:

This class is for anyone and everyone who likes to dance and/or enjoys moving to music.

Pilates Mat Class:

Come enjoy a dynamic workout, and enhance your freedom of movement. This class uses the Pilates principles of core strength and alignment, to improve posture, strength, flexibility, and balance. Also incorporating exercises inspired by yoga and Gyrokinesis, the class promotes healthy, efficient movement in any sport or daily activity.

Power Core Plus:

This class will focus on the core, using body weight and balance gear in conjunction with interval sessions. High intensity plyometrics and power work will increase heart rate. Exercises can be modified for all levels.

Spinning:

This class offers a non-impact, highly effective way to build cardiovascular strength and endurance. This class provides the perfect mix of hard work and great fun while burning up calories too. Class maximum is 14 participants.

Strength & Core Conditioning:

This low impact class uses handheld weights combined with isometric exercises designed to tone and sculpt the body. Class may utilize weights, balance discs, gliding discs, medicine balls, and/or stability balls, combined with isometric exercises designed to tone and sculpt the body.

TRX® Training:

TRX Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility, and core stability.

Vinyasa Yoga:

The instructor will move you from one pose to the next through breath-synchronized movement, using a variety of postures to cultivate balance, flexibility, strength and endurance.

YinYasa:

This class for all levels is a perfect sequence of yang (active yoga) with yin (passive yoga). The first part of class, Vinyasa Yoga, is a strength building flow creating heat within the body and connecting with the breath through fluid movement. The second part of class, Yin Yoga, is a gentle stillness practice creating space, softness and mindfulness within the internal energy flow. Together, these two styles create a perfect balance of vitality, serenity and peace in the mind, body and soul.

Yin Yoga:

Yin yoga stretches the connective tissues rather than conditioning the muscles. It is a perfect complement to the dynamic and muscular styles of yoga. Suitable for all levels.

Yoga for Cycling:

In this class you will learn how to alleviate many cycling related symptoms including; tight hamstrings, hip flexors, gluteus and quadriceps, neck and trapezius stress, lower back pain, and shortened pectorals and upper back aches. The focus will be improved flexibility, strength and endurance to improve your sport via the benefits of a mind/body Yoga workout.

Yoga for Structural Integrity (YSI):

Drawing from traditions of Iyengar, Asthanga, Kripalu, and Kundalini yoga, YSI practice utilizes asana (yoga postures), pranyama (breath work), movement integrations, and philosophical exploration to bring the practitioner to a greater awareness of his body, mind, and spirit.

ZUMBA®:

The ZUMBA® program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness class.

RATES

MEMBERS

\$12 PER CLASS

\$100 10-PACK

\$449 1-YEAR UNLIMITED PASS

\$30 NEW MEMBER 30-DAY UNLIMITED

GUESTS

\$16 PER CLASS

\$144 10-PACK*

***MUST HAVE GUEST CARD**