

# Summer 2021

## GROUP FITNESS



Sunday 10/17	Monday 10/18	Tuesday 10/19	Wednesday 10/20	Thursday 10/21	Friday 10/22	Saturday 10/23
		 6:05-7:00am Spinning/TRX (Kari)		 6:05-7:00am Spinning/TRX (Kari)		 8:00-9:00 am Power Core (Ivazina)
	 8:30-9:00am H.I.I.T. (Wendy)		 6:45-7:45am Spinning (Kim)		 8:30-9:00am H.I.I.T. (Wendy)	
	 9:30- 10:30am Zumba®/strength (Emily S)	 9:30-10:45am Vinyasa Yoga (Jennie)	 9:30-10:45am Vinyasa Yoga (Jennie)	 9:30-10:45am Vinyasa Yoga (Jennie)	 9:30- 10:30am Zumba®/strength (Emily S)	
	 11:30-12:15pm Ski Fit (Delana)	 11:00 - 12:00pm Yin Yoga (Jennie)	 11:30-12:15pm Ski Fit (Delana)	 11:00 - 12:00am Yin Yoga (Jennie)		
	 4:45-5:15pm TRX (Ivazina)		 4:45-5:15pm TRX (Ivazina)			
	 5:15-6:15pm Strength&Core (Ivazina)		 5:15-6:15pm Strength&Core (Ivazina)			



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. You must pay a Daily Access Fee in addition to the class fee.**

**Healing Flow Yoga:**

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

**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.

**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 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.

**Vin/Yin Yoga:**

We start with a meditation or mindfulness technique to center ourselves and prepare for our practice. We move into basic yoga stretches which will gradually move into Vinyasa flows, working on strength and flexibility. We will be focusing on our mind/body connection with our breath in these flows. The focus of those flows will guide us toward the second half of the class which will be Yin poses. In practicing Yin, we will use our meditation techniques to maintain a position for a minimum of three minutes in order to lengthen not only our muscles but our connective tissues. This has been shown to enhance our ability to maintain flexibility and the movement of our fluids to prevent injuries. We close the class with a meditation or mindfulness technique.

**rEVOLVE:**

A flowing, heart filled yoga practice blended with heart-healthy cardio dance fitness, in a joyful community setting. Come and breathe deeply, stretch, dance, play, express, connect, sweat and celebrate.

**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!

**Cardio Kick:**

A full body workout combining all elements of fitness. Start with 40 mins of calorie burning kickboxing and easily followed dance based cardio to boost energy, followed by a 20 min blast of muscle toning using weights and resistance training targeting upper body, abs and legs. Finish up with a stretch your muscles will be grateful for. No Experience needed!

**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.

**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.

**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.

**ZUMBA® with Strength Training:**

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on by mixing low intensity & high intensity moves for an interval style, calorie burning dance fitness party. A full body workout, combining all elements of fitness—40 mins of cardio followed by a 20 min blast of muscle toning using weights and resistance training. Finish up with a stretch your muscles will be grateful for. No experience needed!

**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.

**Water Aerobics**

Our water aerobics classes target beginners and intermediates and focus on cardiovascular conditioning using interval segments. No reservations are required; pay for class in person.

**RATES**

**MEMBERS**

\$14 PER CLASS

\$100 10-PACK

\$270 30-PACK

\$400 50-PACK

**GUESTS**

\$18 PER CLASS