

Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Bootcamp 6:30am		Bootcamp 6:30am	Aqua Fit ▲ 7:30am	Spin 8:15am	Yoga 10:15am
Aqua Fit ▲ 7:30am	Pilates Strength 8:45am	Aqua Fit ▲ 7:30am	Pilates 8:45am	Aqua Str. & Flex ▲ 8:45 am	Pilates Strength 9:00 am	Aqua Zumba 10:30am ▲
Yoga 8:00am	Cycle Bootcamp 9:00 am	Yoga 8:00am	Cycle Bootcamp 9:00 am	F.I.R.E 9:00am	Yoga 10:00am	
F.I.R.E 9:00am	LIFT & Balance 10:00am	Aqua Str. & Flex 8:45 am ▲	LIFT & Balance 10:00am	PiYo 10:00 am	MELT for Pilates 10:15 am	
Functional Core 10:15am	Chair Yoga 11:15am	Step & Strength 9:00am	Zumba Gold 11:15am	Functional Core 10:15am	Zumba Gold 11:30am	
Gentle Yoga 5:30pm	MELT for Pilates 6:00pm	Functional Core 10:15am	Deep Water Aerobic ▲ 6:00pm	Yoga 12:00pm		
PiYo 5:30 pm	Aqua Yoga ▲ 6:05-7:05pm	Nia 12:00pm	Zumba 6:30pm			
	Zumba 6:30pm	Yoga 5:30pm				
		Strength & Cond. 5:30pm				
		Bootybarre 6:45pm			▲ = aqua classes **30 Minute Class	

Please contact the Fitness Director at anna@mtparkhoa.com with questions, concerns or inquiries.

Class Descriptions

Boot Camp

Our Boot camp is designed for MAXIMUM calorie burn in the shortest amount of time. We want to get you fit, get you healthy, challenge your mind, challenge your body, and get results.

Chair Yoga

For anyone who has ever hesitated to try yoga because of the challenge of getting down onto the floor or doing standing poses. Any pose that can be done standing, sitting, or lying on a mat can be on a chair.

F.I.R.E

This class is a blend of everything and then some. You will have moments of kickboxing, then the next strength and then everything in between.

Functional Core

This class focuses on toning and strengthening the body's core abdominal and back muscles. This powerful workout is for the "powerhouse" of your body.

Pilates

Pilates is a dynamic core conditioning method that incorporates techniques both standing and on the mat. You will build flexibility, strength, endurance, and more.

LIFT & Balance

This low impact functional toning class focuses on functional strength training and improving cardiovascular health. All fitness levels welcome but target toward those with limitations.

MELT for Pilates

MELT techniques are used to prepare the body to move into better alignment, and to gain more precision and control over the mat Pilates exercises. This class will help to bring the body back to its ideal state -- especially while exercising.

Nia

Nia is a cardio dance group fitness class that incorporates dance arts, martial arts, and healing arts. Nia is for every one at every level. With an ongoing practice, Nia promotes mindfulness, holistic fitness and well-being.

PiYo Live!

PiYo is a fun, challenging fusion of Pilates and Yoga inspired movements. Burn calories as you tone muscles, work on balance and flexibility with dynamic movements that will increase your cardiovascular capacity!

Cycle Bootcamp

This 50 min. spinning class mixes aerobic training on the bike at intensities ranging from a warm-up spin to an all out sprint with a huge arsenal of body weight movements programmed to help balance out your posture, longevity, and performance.

Spin

An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges.

Step and Strength

This isn't your mothers Step class. You will get the cardio benefit of step with the functional strength of today's latest techniques. This class is geared to all fitness and step levels.

TRX

TRX workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself by simply adjust your body.

Yoga

Relax, get focused, and connect with your body in this rewarding class. Students learn proper form and breathing while practicing a broad range of yoga postures. Suitable for all levels.

Zumba

One of the most unique, and fun exercise programs! A fusion of different Latin and hip hop based dances mixed together for the ultimate burn and maximum fun! Great for all fitness levels!

Zumba Gold

The same great Zumba formula. Each class has a longer warm up and cool down to allow participants a program improves balance, flexibility and cardiovascular strength.

bootybarre.

Fuses techniques from Dance, Pilates, and Yoga to tone, define and chisel the body. A perfect combination of strength and flexibility with a cardiovascular element utilizing the barre.

AquaFit

An active workout designed to improve aerobic fitness, strength and flexibility. This class is taught in the Lap Pool. ▲

Aqua Strength & Flex

Is geared to improve balance and mobility by working in the warmer water. This class taught in the Leisure Pool. ▲

Deep Water Aerobics

This class takes place in the deep end of the lap pool. You are given a floatation belt to help support you during an Active workout with no impact. ▲

Aqua Yoga

This is a low impact aqua class that performs yoga poses in warm water. The poses will help improve balance, strength and range of motion. ▲

