

## SUNDAY

*Vinyasa/ Yin Yoga* **10:15am**  
Level 1/2 Samina

*Vinyasa/Yin Yoga* **11:30am**  
Level 1 Samina

## MONDAY

*Spin Mix* **5:45am**  
Starting 9/16 Lauren

*Aqua Fit* **7:30am**  
Stephani

*Yoga Fit* **8:00am**  
Diane

**PUMP** **8:30am**  
Marleise

*Aqua Str. & Flexibility* **8:45am**  
Stephani

*Tai Chi 'The Sequel'* **9:15am**  
Lia

*Functional Core* **9:45am**  
Janet

*bootybarre* **11:00am**  
Janet

*Strength & Conditioning* **5:30pm**  
Marleise

*Vinyasa Yoga* **5:30pm**  
Level 1 LuAnn

## TUESDAY

*Dynamic HIIT* **5:45am**  
Stephani

*Integrative Pilates Fusion* **8:45am**  
Lori

*Spin Mix* **9:00am**  
Svitlana

*Lift & Balance* **10:00am**  
Diane

*Chair Yoga* **11:15am**  
Diane

*Zumba* **5:30pm**  
Alex

*Spin Mix* **5:45pm**  
Marleise

*Deep Water Aerobics* **6:05pm**  
LuAnn

## WEDNESDAY

*Aqua Fit* **7:30am**  
Sherry

*Yoga Fit* **8:00am**  
Diane

*YogaStrong* **8:30am**  
Marleise

*Aqua Str. & Flexibility* **8:45am**  
LuAnn

*Tai Chi 'The Sequel'* **9:15am**  
Lia

*Form & Function* **9:45am**  
Marleise

*Nia* **11:30am**  
Lori

*Strength & Conditioning* **5:30pm**  
Janet

*Vinyasa Yoga* **5:30pm**  
Level 1/2 Samina

*bootybarre* **6:45pm**  
Janet

## THURSDAY

*Dynamic HIIT* **5:45am**  
Stephani

*Integrative Pilates Fusion* **8:45am**  
Lori

*Spin Mix* **9:00am**  
Svitlana

*Lift & Balance* **10:00am**  
Diane

*Zumba Gold* **11:15am**  
Mary

*Tai Chi for Better Balance* **11:15am**  
Starting 9/19 Lia

*Spin Mix* **5:45pm**  
Marleise

*Deep Water Aerobics* **6:05pm**  
LuAnn

## FRIDAY

*Spin Mix* **5:45am**  
Starting 9/16 Lauren

*Aqua Fit* **7:30am**  
Stephani

*bootybarre* **8:30am**  
Janet

**PUMP** **8:30am**  
Marleise

*Aqua Str. & Flexibility* **8:45am**  
LuAnn

*Functional Core* **9:45am**  
Janet

*Vinyasa Yoga* **12:00pm**  
Level 2 Kristi

## SATURDAY

*Spin* **8:15am**  
Marleise

*Integrative Pilates Fusion* **9:00am**  
Lori

*Vinyasa Yoga* **9:30am**  
Level 1/2 Marleise

*MELT Method* **10:15am**  
Lori

*NIA* **11:30am**  
Starting 9/21 Lori

*Zumba Gold* **11:30am**  
Starting 9/21 Ann/Mary

- STUDIO 1
- STUDIO 2
- POOL

- ◆ CLASSES ARE ONE HOUR LONG UNLESS OTHERWISE NOTED
- ◆ CHECK OUR FACEBOOK PAGE FOR CANCELLATIONS /UPDATES
- ◆ ALL CLASSES MUST MAINTAIN A MINIMUM OF 5 PARTICIPANTS ON AVERAGE TO REMAIN ON THE SCHEDULE
- ◆ PLEASE NOTE THAT CLASSES MAY CHANGE TO A SIMILAR FORMAT SHOULD A SUBSTITUTE BE NEEDED
- ◆ \*ZUMBA IS OFFERED ON THE 1ST AND 3RD SATURDAY OF EACH MONTH
- ◆ \*NIA IS OFFERED ON THE 2ND, 4TH, AND 5TH SATURDAY OF EACH MONTH



## HIGHER INTENSITY CLASSES

### 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

### Spin Mix

A mix of cardio training on the bike with body-weight and free-weight training exercises off the bike.

### Dynamic HIIT

High Intensity Interval Training at its finest! Quick and intense bursts of exercise with active recovery periods to improve muscular strength and endurance.

### PUMP

This is a high intensity workout that utilizes weights and intense cardio blasts in order to build strength, power and burn a high amount of calories. Participants of all fitness levels are welcome, but come to class ready to sweat!

### Functional Core

Focus on toning and strengthening the core with a combination of weighted moves, stability balls and bodyweight movements.

### Form & Function

A stability-based workout designed for form and mobility, with an emphasis on corrective, pain-free movement.

### YogaStrong

This class mixes it up with Yoga, weight training, cardio, and core for long and strong muscles.

### Spin

An all-terrain ride that will burn calories, build strength, and improve fitness.

### Strength & Conditioning

This class is designed for MAXIMUM calorie burn in the shortest amount of time. Get fit, get healthy, and get results!

### Zumba

A fusion of Latin and hip hop-based movements mixed together for the ultimate burn and maximum fun! Great for all fitness levels!

## LOWER INTENSITY CLASSES

### Chair Yoga

Yoga that eliminates the challenge of getting down onto the floor with standing, sitting, and mat poses performed on a chair.

### L.I.F.T and Balance (Low Impact Functional Toning)

Within the format of a low impact cardio workout and use of a step, hand weights, tubing and bars, develop strong bones and muscles. A focus on proper body mechanics, balance, and alignment can improve quality of life and decrease risk of injury.

### MELT Method

MELT techniques are used to prepare the body to move into better alignment, and to gain more precision and control during exercise.

### Nia: Moving to Heal

Nia is a cardio dance class incorporating dance, martial arts, and healing arts. The body is coded to heal. Self-healing is a choice to make a difference in your life.

### Integrative Pilates Fusion

A dynamic class that engages your brain while incorporating techniques from Pilates. Exercises are performed both standing and on the mat. Improve balance, functional movement, strength, endurance, and more.

### Yoga

Relax, get focused, and connect with your body. Proper form and breath-work are emphasized in a broad range of yoga postures.

### Zumba Gold

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

### Tai Chi

A slow paced, low impact, gentle movement art based on the Yang family 24-movement Short Form. Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being.

### Tai Chi for Better Balance 8-Form

This is a community-based falls prevention exercise program where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling.

### Aqua Classes

**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 warmer water. Class taught in the Leisure Pool.

**Deep Water Aerobics:** A no-impact class focused on building cardiovascular capacity. We provide a floatation belt to help support you during an active workout in the deep end of the Lap Pool.



## GROUP X CLASSES FALL 2019



## QUESTIONS

Fitness Manager  
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