

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Vinyasa/ Yin Yoga 10:15am Level 1/2 Samina	Spin Mix 5:45am Last Classes 3/16 & 3/23 Lauren	Integrative 8:45am Pilates Fusion Lori	HIGH 5:45am Fitness Lacey	Integrative 8:45am Pilates Fusion Lori	Aqua Fit 7:30am Katie	Spin Mix 8:15am Marleise
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Vinyasa/Yin Yoga Level 1 11:30am Samina	Aqua Fit 7:30am Katie	Spin Mix 9:00am Marleise	Aqua Fit 7:30am Parker	Spin Mix 9:00am Marleise	bootybarre 8:30am Janet	Integrative 9:00am Pilates Fusion Lori
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	Yoga Fit 8:00am Diane	Lift & Balance 10:00am Diane	Yoga Fit 8:00am Diane	Lift & Balance 10:00am Diane	PUMP 8:30am Marleise	Vinyasa 9:30am Yoga Level 1/2 Marleise
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	PUMP 8:30am Marleise	Chair Yoga 11:15am Diane	YogaStrong 8:30am Marleise	Zumba Gold 11:15am Mary	Aqua Str. & Flexibility 8:45am Katie	MELT Method 10:15am Lori
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	Aqua Str. & Flexibility 8:45am Katie	Spin Mix 5:45pm Marleise	Aqua Str. & Flexibility 8:45am Katie	Tai Chi for Better Balance 11:15am Lia	Functional Core 9:45am Janet	Nia 11:30am Lori
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	Tai Chi 'The Sequel' 9:15am Lia	Zumba 6:30pm Alex	Tai Chi 'The Sequel' 9:15am Lia	Spin Mix 5:45pm Marleise	Vinyasa Yoga Level 2 12:00pm Kristi	Zumba Gold 11:30am Ann
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	Functional Core 9:45am Janet		Form & Function 9:45am Marleise			
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	bootybarre 11:00am Janet		Nia 11:30am Lori			
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	Strength & Conditioning 5:30pm Marleise		Strength & Conditioning 5:30pm Janet			
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	Vinyasa Yoga Level 1 5:30pm LuAnn		Vinyasa Yoga 1/2 5:30pm Samina			
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- ◆ 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

STUDIO 1
 STUDIO 2
 POOL



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.

Form & Function

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

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

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 rhythmic movements to increase balance, flexibility, muscle strength, and enhance well-being.

Tai Chi for Better Balance 8-Form (Chair Optional)

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

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.

YogaStrong

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

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!

HIGH Fitness

HIGH fitness has brought aerobics back in a hip and unique way, and the world is taking notice. Old School Aerobics meets HIIT training, all mashed up into a one-hour, total body workout.

AQUATIC 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.



GROUP X CLASSES

WINTER 2020



QUESTIONS

Fitness Manager

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