



# GROUP X CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio Strength</b> 9:15am Regan	<b>Spin</b> 9:15am Kristi	<b>HIGH Fitness</b> 9:15am Lacey	<b>Spin</b> 9:15am Kristi	<b>Cardio Strength</b> 9:15am Regan	<b>Vinyasa/Yin Yoga Level 1/2</b> 8:30am Samina
<b>Zumba Gold</b> 10:30am Ann	<b>Lift &amp; Balance*</b> 9:15am Diane	<b>Tai Chi</b> 9:15am Lia		<b>Vinyasa Flow Yoga Level 1/2</b> 12:00pm Kristi	<b>Spin*</b> 9:45am Marleise
<b>Vinyasa Flow Yoga Level 1/2</b> 12:00pm Kristi	<b>Chair Yoga</b> 10:45am Diane	<b>Yoga Strong</b> 10:30am Marleise			

 TENNIS COURT  
 POOL PATIO

## CLASS DESCRIPTIONS

### Cardio Strength

A calisthenics (bodyweight) workout designed for aerobic exercise and strength! Weather-permitting, class will meet on the tennis court, otherwise it will be in Studio1. This is a 45-minute class that takes place on the Tennis Courts.

### 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.

### Spin

Join us on the pool patio for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio!

### 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 that improves balance, flexibility, and cardiovascular strength.

### Tai Chi

A slow-paced, low impact, gentle movement are based on 24-movement Short Form. Increase balance and enhance well-being.

### Yoga Strong

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

### Vinyasa Flow Yoga

This class focuses on the flow of one position to the next, often matched to controlled breathing.

### Vinyasa/Yin Yoga

This type of yoga class is combination of vinyasa flow while also holding a pose for a longer amount of time to get a deeper stretch.

### Chair Yoga

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

### Spin

Join us on the pool patio for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio! **\*Starting 8/29**

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

Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury. **\*Starting 9/1**

**QUESTIONS?** E-mail [fitness@mtparkhoa.com](mailto:fitness@mtparkhoa.com)