



GROUP X CLASSES

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