



MOUNTAIN PARK FITNESS GROUP EX CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba Gold 10:30am Ann	Spin 9:15am Kristi	HIGH Fitness 9:15am Lacey	Spin 9:15am Kristi	LYT Yoga 10:30am Marleise	Vinyasa/Yin Yoga Level 1/2 8:30am Samina
Vinyasa Flow Yoga Level 1/2 12:00pm Kristi	Lift & Balance 9:15am Diane	Tai Chi 9:15am Lia	Chair Tai Chi 11:30am Lia	Vinyasa Flow Yoga Level 1/2 12:00pm Kristi	Spin 9:45am Marleise
Spin 3:30pm Marleise	Chair Yoga 10:30am Diane	Yoga Strong 10:30am Marleise			
		Spin 3:30pm Marleise			



CLASS DESCRIPTIONS

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!

Tai Chi

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

Chair Tai Chi

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.

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.

LYT Yoga

Yoga that is grounded in the functional teachings of physical therapy, anatomy, and the principals of neurodevelopmental sequencing.

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. & 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.

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.

QUESTIONS? E-mail fitness@mtparkhoa.com