

GROUP EX SCHEDULE - UPDATED 6/17/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 7:15am Hannah	Cycle 9:15am Kristi	Aqua Fit 7:15am Hannah	Barre 9:00am Wendy	Aqua Fit 7:15am Hannah	Vinyasa/Yin Yoga 8:30am Samina
Aqua Strength & Flex 8:30am Hannah	Vinyasa Flow Yoga 10:30am Kristi	Tai Chi 8:00am Lia	Cycle 9:15am Kristi	Tai Chi 8:00am Lia	Cycle 8:30am Marleise
Barre 9:00am Wendy	Body Sculpt 12:00pm Melissa	Aqua Fusion 8:30am Melissa	Vinyasa Flow Yoga 10:30am Kristi	Aqua Strength & Flex 8:30am Hannah	Zumba 10:00am Ann
Lift & Balance 10:15am Diane	Zumba 5:30pm Nataliya	HIGH Fitness 9:00am Lacey	Step & Sculpt 12:00pm Melissa	Zumba Gold 10:00am Mary	Body Sculpt 11:15am Melissa
Chair Yoga 11:15am Diane		Lift & Balance 10:15am Diane	Zumba 5:30pm Nataliya	Sit & Be Fit 11:15am Melissa	
Pilates 12:15pm Kristi		Chair Yoga 11:15am Diane		HIIT It 12:15pm Hannah	
Vinyasa Flow Yoga 5:30pm Angel		Vinyasa Flow Yoga 5:30pm Kristi		Vinyasa Flow Yoga 3:45pm Kristi	
Cycle 5:45pm Beth		Cycle 5:45pm Ashlee			

- Leisure Pool
- Studio 1
- Studio 2
- Tennis Court
- Weight Room



Questions? E-Mail fitness@mtparkhoa.com

CLASS DESCRIPTIONS

HIGH Fitness

This class 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.

Cycle

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

Barre

Barre 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.

Zumba

Filled with Latin and World rhythms, Zumba delivers a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No experience necessary, everybody and every body is welcome! Let's party!

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.

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.

Fitness Equipment Orientation

Learn more about how to use the fitness equipment in the weight room - both strength and cardio machines - join us for a 30-minute orientation.

Step & Sculpt

With the goal of increasing cardio vascular fitness and strength, we will combine step aerobics and strength training in one fun filled hour of fitness.

Body Sculpt

This class is designed to help build strength and endurance. It includes resistance training; body weight exercises and finishes with core training and stretching for a complete workout.

HIIT It

Get ready to sweat! HIIT It is a high intensity class influenced by boxing conditioning exercises that will help you develop power, muscular endurance, and cardiovascular endurance. *Feel free to bring your own boxing gloves if you have them.

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 a 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 on the floor with standing, sitting, and mat poses performed on a chair.

Tai Chi

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

Sit & Be Fit

Using the chair, this class focuses on resistance training and cardio to give you a total body workout without being on your feet.

AquaFit

An active workout designed to improve aerobic fitness, strength, and flexibility.

Aqua Strength & Flex

This class is geared to improve balance and mobility by working out in warmer water. Class taught in the Leisure Pool.

Aqua Fusion

This is a fun, all over cardio, toning and strength class utilizing a variety of different equipment.