

GROUP EX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 7:05am <i>Hannah</i>	Spin 9:15am <i>Kristi</i>	Aqua Fit 7:05am <i>Hannah</i>	Spin 9:15am <i>Kristi</i>	Aqua Fit 7:05am <i>Hannah</i>	Vinyasa/ Yin Yoga 8:30am <i>Samina</i>
Zumba Gold 9:15am <i>Ann</i>	Lift & Balance 10:15am <i>Diane</i>	HIGH Fitness 8:00am <i>Lacey</i>	Barre 9:15am <i>Wendy</i>	Cardio Strength 8:00am <i>Regan</i>	Spin 9:30am <i>Lauren</i>
Barre 9:15am <i>Wendy</i>	Chair Yoga 11:15am <i>Diane</i>	Tai Chi 8:00am <i>Lia</i>	Vinyasa Flow Yoga 10:30am <i>Kristi</i>	Tai Chi 8:00am <i>Lia</i>	
Vinyasa Flow Yoga 10:30am <i>Kristi</i>		Zumba Gold 9:15am <i>Ann</i>		Aqua Strength & Flex 8:30am <i>Hannah</i>	
		Vinyasa Flow Yoga 5:30pm <i>Kristi</i>		Vinyasa Flow Yoga 3:45pm <i>Kristi</i> <i>Start Date: 7/30</i>	
		Spin 5:45pm <i>Lauren</i> <i>Start Date: 7/28</i>			

■ Leisure Pool
■ Studio 1
■ Studio 2
■ Tennis Court
■ Tennis Court
 (Studio 1 if inclement weather)

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.

Spin

Join us 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 class based on 24-movement Short Form. Increase balance and enhance well-being.

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 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.

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 pos 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.

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.

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.



Questions? E-Mail fitness@mtparkhoa.com