

# GROUP EX SCHEDULE

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

 Leisure Pool  
 Studio 1  
 Studio 2  
 Tennis Court

## 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 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.

### 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](mailto:fitness@mtparkhoa.com)