

GROUP EX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 7:15am Hannah	Cycle 9:15am Kristi	Aqua Fit 7:15am Hannah	Cycle 9:15am Kristi	Aqua Fit 7:15am Hannah	Vinyasa/ Yin Yoga 8:30am Samina
Fitness Equipment Orientation 9:00am Kristi	Lift & Balance 10:15am Diane	Tai Chi 8:00am Lia	Barre 9:15am Wendy	Tai Chi 8:00am Lia	Cycle 9:30am Substitute
Zumba Gold 9:15am Ann	Chair Yoga 11:15am Diane	HIGH Fitness 9:00am Lacey	Vinyasa Flow Yoga 10:30am Kristi	Aqua Strength & Flex 8:30am Hannah	Zumba 10:00am Ann
Barre 9:15am Wendy		Vinyasa Flow Yoga 5:30pm Kristi		Zumba Gold 10:00am Mary	
Vinyasa Flow Yoga 10:30am Kristi		Cycle 5:45pm Substitute		Lift & Balance 10:15am Diane	
				Chair Yoga 11:15am Diane	
				Vinyasa Flow Yoga 3:45pm Kristi	

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

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!

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.

Fitness Equipment Orientation

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

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