

GROUP EX SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
6 AM			cycle 6:30am Beth		aqua fit 7:15am Beth	
7 AM	aqua fit 7:15am Hannah	body sculpt 7:00am Emily	aqua fit 7:15am Hannah	body sculpt 7:00am Emily		
8 AM	aqua strength 8:30am Hannah		tai chi 8:00am Lia	barre 9:00am Wendy	tai chi 8:00am Lia	vinyasa yoga 8:30am Samina
9 AM	barre 9:00am Wendy	cycle 9:00am Marleise	aqua fusion 8:15am Hannah	cycle 9:00am Marleise	aqua yoga 8:30am LuAnn	cycle 8:30am Marleise
10 AM	cardio mix 10:15am Diane	gentle cardio 10:30am Diane	sit & be fit 9:00am Marleise	vinyasa yoga 10:30am Kristi	zumba gold 10:00am Ann	zumba 10:00am Ann
11 AM	chair yoga 11:15am Diane	vinyasa yoga 10:30am Kristi	aqua yoga 9:30am LuAnn	gentle cardio 10:30am Diane	sit & be fit 11:00am Marleise	body sculpt 10:00am Marleise
11:30 AM			cardio mix 10:15am Diane		body shop 12:15pm Leno	
12 PM	pilates 12:15pm Kristi	body sculpt 12:00pm Marleise	chair yoga 11:15am Diane	body sculpt 12:00pm Marleise	vinyasa yoga 3:45pm Kristi	
1 PM			body shop 12:15pm Leno	pilates 4:30pm Emily		
4 PM		pilates 4:30pm Emily	zumba 4:15pm Kristen	deep water 6:15pm LuAnn		
5 PM	yoga flow 5:30pm Samina	line dancing 5:45pm Emily	vinyasa yoga 5:30pm Kristi	line dancing 5:45pm Emily		Pool
6 PM	cycle 5:45pm Beth		cycle 5:45pm Peter			Studio 1
						Studio 2

[*pre-register for classes](#)

For more info, please email fitness@mtparkhoa.com

CLASS DESCRIPTIONS

Pilates

A full body workout that helps create long, lean muscles. Pilates is performed on a mat on the floor, using gravity and your body's own resistance to work the muscles.

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 – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

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.

Line Dancing

Join us for a fun-filled hour learning one to two line dances per class - so fun you forget you're getting fit at the same time!

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.

Body Shop

This class will focus on form and technique while building muscle strength and endurance, along with a little cardio sprinkled in for a full body workout!

Gentle Cardio

A blend of nonimpact floor cardio movements, followed by basic standing yoga poses with or without very light weights.

Cardio Mix (formerly Lift & Balance)

Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury.

Sit & Be Fit

You can utilize a chair, or choose to stand for this class! This class focuses on resistance training in a safe and effective way to give you a full body workout.

Tai Chi

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

Chair Yoga

Yoga that eliminates the challenge of getting down on the floor with standing, sitting, and mat poses performed on a chair.

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.

Vinyasa Flow Yoga

This class focuses on the flow of one position to the next, often matched to controlled breathing.

Aqua Strength & Flex

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

Deep Water Aerobics

This class focuses on aerobic endurance and resistance training to upbeat music. Flotation devices are used so there is no impact on knees and hips.

Aqua Fit

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

Aqua Yoga

An active workout designed to improve balance, strength, and flexibility.

Aqua Fusion

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

FOR CLASS UPDATES, SUBSTITUTIONS, AND CANCELLATIONS



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