



MARCH CLASS SCHEDULE

Fitness Center Hours of Operation:

Monday - Friday 5:30 am - 7 pm Saturday & Sunday 7 am - 7 pm

(class descriptions on reverse side)

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 6 am - Spin 8 am - Pilates Fusion 9 am - Jump Pilates 9:15 am - Yin Yoga 10 am - Jump Pilates 12 pm - Spin Express	2 7 am - Spin 8:30 am - Spin 10am Reformer Barre
3	4 6 am - Spin 7am - Jump Pilates 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10:30 am - Tai Chi	5 7am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	6 6 am - Spin 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10 am - Intermediate Pilates 10:30 am - Yin Yoga	7 7 am - Adv. Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi 4pm - Adv. Reformer	8 6 am - Spin 8 am - Pilates Fusion 9 am - Jump Pilates 9:15 am - Yin Yoga 10 am - Jump Pilates 12 pm - Spin Express	9 7 am - Spin 8:30 am - Spin 10 am - TRX
10	11 6 am - Spin 7 am - Jump Pilates 7:30 am - TRX Flow 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10:30 am - Tai Chi	12 6 am - TBS 7am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	13 6 am - Spin 7:30 am - TRX Strength 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10 am - Intermediate Pilates 10:30 am - Yin Yoga	14 6 am - TBS 7 am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	15 6 am - Spin 8 am - Pilates Fusion 9 am - Jump Pilates 9:15 am - Yin Yoga 10 am - Jump Pilates 12 pm - Spin Express	16 7 am - Spin 8:30 am - Spin 10 am - TRX Power
17	18 6 am - Spin 7 am - Jump Pilates 7:30 am - TRX Flow 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10:30 am - Tai Chi	19 6 am - TBS 7am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	20 6 am - Spin 7:30 am - TRX Strength 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10 am - Intermediate Pilates 10:30 am - Yin Yoga *Pilates Classes Go Live!	21 6 am - TBS 7 am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	22 6 am - Spin 8 am - Pilates Fusion 9 am - Jump Pilates 9:15 am - Yin Yoga 10 am - Jump Pilates 12 pm - Spin Express	23 7 am - Spin 8am - Jump Reformer 8:30 am - Spin 10 am - TRX Power
24	25 6 am - Spin 7 am - Jump Pilates 7:30 am - TRX Flow 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10:30 am - Tai Chi	26 6 am - TBS 7am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	27 6 am - Spin 7:30 am - TRX Strength 8 am - Pilates Fusion 9 am - Intermediate Pilates 9:15 am - Vinyasa Yoga 10 am - Intermediate Pilates 10:30 am - Yin Yoga	28 6 am - TBS 7 am - Advanced Athletic Reformer 8 am - Spin 8 am - Athletic Reformer 9 am - Athletic Reformer 9:15 am - Yoga 10:30 am - Tai Chi	29 6 am - Spin 8 am - Pilates Fusion 9 am - Jump Pilates 9:15 am - Yin Yoga 10 am - Jump Pilates 12 pm - Spin Express	30 7 am - Spin 8:30 am - Spin 10 am - TRX Power
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SPIN: Bring your cycling workout indoors for climbs, sprints, and much more. Spinning is a great way to slim down, tone your legs, and burn calories fast! No experience needed. This class offers a great workout for all participants.

SPIN EXPRESS: The same spin class you know and love, but for 45-minutes instead of one hour.

TBS (TOTAL BODY SCULPTING): Class that strengthens your entire body by using light to moderate weights with lots of repetition. This 60 minute workout challenges all your major muscle groups.

ATHLETIC REFORMER: You can expect to strengthen and tone all major muscle groups—with an emphasis on your core. In addition to the reformer, you can expect to use other props such as balls, rings, and weights to create an added challenge and variety your traditional Pilates routine.

JUMP REFORMER: An intense, fast paced version of your favorite Athletic Reformer class with the added cardiovascular challenge of the jump board—an attachment added to the end of the reformer that allows you to work up a sweat with very little stress on the joints. This cardio-infused class is ideal for those who don't typically enjoy traditional cardio exercise, but is also great for the cardio-enthusiast looking to boost their reformer experience.

INTERMEDIATE PILATES: Focuses on form and technique at a moderate pace. It's a perfect class for members who want to build a strong Pilates foundation, but also great for members who wish to review the Pilates fundamentals to ensure accuracy and stability before moving toward more advanced work.

PILATES FUSION: A great mix of the Pilates mat movements mixed with upbeat and intense Barre inspired movements. You will use light hand weights and various props for a unique and effective total body workout. If you love both Pilates and Barre then this class is a great choice for you.

TRX STRENGTH: Concentrates more on strength training with emphasis on core, lower and upper body while incorporating flexibility and mobility exercises. For our golfers, this is a great way to build hip strength and mobility.

TRX FLOW: For the golfer or anyone needing more flexibility training. Incorporating more hip and shoulder mobility training. Combining yoga inspired stretch moves using the TRX Straps. This class will be more based on flexibility training as opposed to strength.

TRX POWER: This class will be geared more towards a HIIT style workout. Meaning we increase the intensity and incorporate drills to maximize your aerobic endurance. Exercises range from squat jumps to ball slams and kettlebell swings. This class is designed more for developing a power base.

VINYASA YOGA: A slower-paced flow class geared towards those new to yoga or preferring a slightly gentler class. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. Props and modifications offered for proper alignment and ease in the postures.

YIN YOGA: Yin Yoga invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia. Yin is yoga at its coolest, deepest, quietest, stillest moments. This class will have you on the floor most of the time, using as many props needed to create as little effort while holding poses. Poses are held for 2-5 minutes allowing joints and fascia to release. This class will complement your Vinyasa practice and will open and release areas in need of more stretching.

TAI CHI: Originally developed for self defense, Tai Chi has transformed into a gentle, graceful exercise. Often described as "meditation in motion", Tai Chi is sure to revitalize both body and mind.