

## Fitness Class Schedule - Fall/Winter 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM Muscular Endurance	9AM Circuit Training	9AM Midweek Movement	9AM Circuit Training	9AM Jukebox Jams
	10AM Barre Belles		10AM Barre Belles	
Noon Core & Conditioning	Noon Spin	Noon Bootcamp	Noon Spin	Noon Bootcamp
6PM Bootcamp	6PM Hatha Yoga	6PM Bootcamp	6PM Hatha Yoga	
	8PM Circuit Training		8PM Circuit Training	

Updated 10/26/2022



### Barre Belles - Tuesday/Thursday 10AM

This is a low impact, classic barre exercise class that includes upper body weight work. With regular attendance, this class will improve your posture, align your chassis, boost that booty, tone arms & legs, increase flexibility, improve balance, strengthen the core and prevent back pain.

### Bootcamp - Wednesday/Friday 12PM, Friday 2 PM, Monday/Wednesday 6 PM

Bootcamp is a class of high intensity exercises that will keep the heart rate up and challenge your muscles. Perform strength exercises and cardiovascular activities using a variety of equipment from dumbbells to medicine balls and kettlebells.

### Circuit Training - Tuesday/Thursday 9AM & 8PM

A fun-filled hour of muscular conditioning and cardiovascular conditioning. This class is a great way to get a full body workout at your own intensity level. Each participant receives a unique workout routine guided by Hannah based on each individual's goals and needs.

### Core and Conditioning - Monday 12PM

Be prepared for a fun mix of exercises and movement patterns that will tighten, strengthen and shape your core! We will execute body exercises to improve our cardiovascular fitness, core strength, and challenge our body.

### Hatha Yoga - Tuesday/Thursday 6PM

Hatha Yoga is the physical practice of yoga. These classes will guide you through movement that develops strength, flexibility, and your personal connection between, body, mind & breath. We will focus on deepening your understanding of the postures & basic alignment in the body, breathing, and relaxation techniques. Recommended Props: mat and blanket.

### Jukebox Jams - Friday 9AM

Jukebox Jams is a low impact dance-fitness class perfect for beginner fitness levels. Jam out to 50's and 60's music while moving and exercising in a fun way!

### Muscular Endurance - Monday 9AM

This class begins with 30 minutes of non-stop light weights. The free weight exercises are designed to work all muscle groups used in day to day activities. The second half consists of lower body exercises, standing ab work, and balance work.

### Midweek Movement - Wednesday 9AM

Midweek Movement incorporates balance, agility, strength, and cardiovascular exercises all in one class! Each class teaches four exercises that vary from week to week, ending with a cool-down and stretching session.

### Spin - Tuesday/Thursday 12PM

Spin is an indoor bike ride that is proven to achieve faster weight loss than any other indoor exercise. This class lasts for about 45 minutes with challenging spin intervals. The class is kept light and fun and keeps you on your toes, because you never know when Hannah will throw something new at you!

 Mixed-level class - all levels welcome!

### HOURS OF OPERATION

Mon–Thurs \_\_\_ 6:00 a.m.—9 p.m.

Friday \_\_\_\_\_ 6:00 a.m.—5 p.m.

Saturday \_\_\_\_\_ 12:00 p.m.—5 p.m.

Sunday \_\_\_\_\_ 9 a.m.—5 p.m.

Anyone can Join. Everyone belongs. For more information contact: 918-495-1111