MOUNTAIN PARK
RACQUET & FITNESS CLUB

STUDIO A SMALL GROUP TRAINING SIGN-UP RECOMMENDED
STUDIO B DROP-IN GROUP FITNESS NO SIGN-UP REQUIRED

FITNESS CLASS SCHEDULE 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Training 8:00am—9:00am Leno	Pilates 8:30am-9:30am Tabra	Strength Training 8:00am—9:00am Leno		Pilates 8:00am-9:00am Tabra		
					TRX/Kettle Bell 9:00am-9:55am Holly	
					The Step 8:30am-9:15am Tanya	
Interval Training 9:15am-10:15am Tanya		Interval Training 9:15am-10:15am Tanya		Friday Surprise 9:15am-10:30am Tanya	Core Focus 9:20am-9:35am Tanya	
					The Lift 9:40am-10:25 Tanya	
TRX/Kettle Bell STG 10::30-11:20am Leno	Motr 1015am-11:15am Tabra	TRX/Kettle Bell STG 11:00am-11:50am Leno	Motr 10:15am-11:15am Tabra			Yoga 10:15am-11:30am Beth
		Core Body Training 12:05pm-1:00pm Holly /Leno		Barre 12:05-1:00 pm Holly		
		Young Athletes Training Zone 4:30-5:00pm Holly				
		TRX/Kettle Bell SGT 5:05pm-5:55pm Holly				
				TRX/Kettle Bell STG 4:00-4:55pm Holly		
		Zumba 5:30pm-6:30pm Jaimee/Natalie		Candle Light Yoga 5:00-5:55pm Holly		UPDATED: 1/9/20

Fitness Director: Holly Howard
Fitness questions? Contact **holly.howard@northp.com**

Fitness Class Description

Core Focus: Strengthening and stretching exercises designed to increase stability and strength of the torso during sports, exercise and everyday activities.

Friday Surprise: Alternating classes; see fitness board for schedule.

Interval Training: Alternating the use of the Step & weights. The class is designed to improve cardiovascular and muscle endurance.

Yoga: Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility, strength and balance. It is also good for relieving stress, creating energy and relaxing. Classes are based on the Iyengar style and use various props at times to help with proper alignment and form in the poses.

Pilates: The entire body is involved in this workout to improve strength and tone in abdominal and back muscles. Technique and alignment are emphasized.

The Step: A cardiovascular bench workout with easy to learn and follow choreography.

Strength Training: A varied, whole-body workout with an emphasis on good form and functional, qualitative movements. A variety of equipment will be used to gain a varied whole-body workout.

Young Athletes Cross Training Zone: Athletic training for the young athlete. Developed cardio and strength training drills will keep your athlete in top shape for their individual sport. Ages 8-17, all sports and all fitness levels welcome.

Motr: systems will help improve joint mobility. Working head to toe with dynamic flexibility will increase your range of motion, allowing you greater extension with your serve. This format will also help you to recover quickly when off the court. Core training and balance is also a main focus in these sessions.

Barre: A full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

Kettle bell and TRX training: will build the strength you need for stronger shots. Kettle bell strength training is all about controlled power with momentum, just like your serve motion. TRX training offers a total body strength training program using just your body weight resistance, allowing you to feel strong but light and agile once you step onto the court!

Gliding: is a high intensity, low impact workout that will help improve your leg and core strength, which is essential to strong serves and groundstrokes. It focuses on lateral movements and quick change in direction which will improve footwork. It is also a ton of fun, so that helps too!

Candle light yoga: Relax and unwind at the end of your day. Hatha and Vinyasa flow will be included.

Yoga For the Inflexible Athlete: Can you touch your toes? If not this class is for you. Straight forward stretching to keep you in your best form for your sport.

Tai-Chi Emphasizing technique over strength, Tai Chi is a low impact exercise used to help stress reduction. This class includes rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm.

Zumba: *Zumba*® Fitness *classes* are often called exercise in disguise. ... A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave *class***.**