



**STUDIO A**

**STUDIO B**

## 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		
Interval Training 9:15am-10:15am Tanya		Interval Training 9:15am-10:15am Tanya		Friday Surprise 9:15am-10:30am Tanya		
	Motr 1015am-11:15am Tabra		Motr 10:15am-11:15am Tabra			Yoga 10:15am-11:30am Beth
		Total Body Toning 12:05pm-1:00pm Holly /Leno		Barre 12:05-1:00 pm Holly		
		Young Athletes Training Zone 4:30-5:00pm Holly				
			Yoga 5:30pm-6:45pm Beth			UPDATED: 5/28/20

Fitness Director: Holly Howard  
Fitness questions? Contact [holly.howard@northp.com](mailto:holly.howard@northp.com)

# Fitness Class Description

**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.

**Mottr:** 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.