



STUDIO A
STUDIO B

FITNESS CLASS SCHEDULE 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Training 7:00-8:00am Leno		Strength Training 7:00am-8:00am Leno				
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		
	Motr 10:15am-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		
			Yoga 5:30pm-6:45pm Beth			UPDATED: 6/24/20

Fitness Class Descriptions

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.

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.

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.

Total Body Toning: A total body conditioning class that includes: cardio strength training, flexibility and core!