

# FITNESS CLASSES

SEPTEMBER 2020

Members are permitted to sign in 1-hour prior to the start of class

<b>RANCH STUDIO</b> 14 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am	<b>Power Pump</b> <i>John</i>	<b>Dance Party</b> <i>Denise</i>	<b>Power Pump</b> <i>John</i>	<b>Dance Party</b> <i>Denise</i>	<b>Beat!</b> <i>Cammy</i>	
10:00am	<b>Zumba®</b> <i>Kitti</i>	<b>Muscle Mix</b> <i>Kitti</i>	<b>Zumba®</b> <i>Jessica</i>	<b>Muscle Mix</b> <i>Kitti</i>	<b>Pilates</b> <i>Kitti</i>	<b>Dance Party</b> <i>Rotation</i>
11:00am	<b>Yoga Flow</b> <i>Haley</i>	<b>Hatha Yoga</b> <i>Kathy</i>	<b>Yoga Flow</b> <i>Haley</i>	<b>Hatha Yoga</b> <i>Kathy</i>	<b>Roll &amp; Recover</b> <i>Maureen</i>	<b>Yoga Flow</b> <i>Rotation</i>
5:00pm		<b>G.R.I.T.</b> <i>Maureen</i>		<b>Cardio Core</b> <i>Maureen</i>		
6:00pm	<b>Power Pump</b> <i>Heaven</i>		<b>Zumba®</b> <i>Heaven</i>			
<b>SPIN STUDIO</b> 11 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am	<b>Power Cycle</b> <i>John</i>		<b>Power Cycle</b> <i>Jessica</i>		<b>Power Cycle</b> <i>Ingrid</i>	
9:00am						<b>Power Cycle</b> <i>Rotation</i>
10:00am					<b>Brain Power</b> <i>Jessica</i>	
<b>POOL</b> 15 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am	<b>H2O Fit</b> <i>Sue</i>	<b>H2O Fit</b> <i>Denise</i>	<b>H2O Fit</b> <i>Barb</i>	<b>H2O Fit</b> <i>Denise</i>	<b>H2O HIIT</b> <i>Sue</i>	<b>H2O Fit</b> <i>Barb</i>

## F.I.T. with TRX®

FUNCTIONAL INTEGRATED TRAINING

# SMALL GROUP TRAINING

<b>F.I.T. STUDIO</b> 8 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		<b>TRX-Camp</b> <i>Maureen</i>		<b>TRX-Camp</b> <i>Maureen</i>		
9:00am	<b>TRX Healthy Joints I</b> <i>Tucker</i>		<b>TRX Healthy Joints II</b> <i>Tucker</i>			

# FITNESS CLASSES

## RANCH STUDIO

**BEAT!** This unique fitness class uses drum sticks to pound out the 'beat' and work up a sweat! Drumming and clicking will fire up your muscles in this energetic cardio workout. Class concludes with a full body stretch; floor exercises may be included.

**CARDIO CORE** This dynamic fitness class incorporates low to high intensity cardio drills followed by core exercises. Expect to build a stronger core foundation and increase your cardio capacity improving individual performance. This class welcomes all fitness levels.

**DANCE PARTY** This low-impact, dance inspired workout is sure to work up a sweat! A variety of music and dance styles will get you motivated to move. Forget exercise, you have an invitation to the dance party!

**G.R.I.T** (Get Real Interval Training) is a full body conditioning workout. Moderate to high intensity exercise intervals focus on strength training and are paired with cardio bursts. G.R.I.T and determination will get you fitness results fast!

**MUSCLE MIX** Challenge muscular strength, endurance and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms and other small apparatus.

**PILATES** Learn core strengthening techniques that improve balance, flexibility and mobility. This class includes floor and standing movements aimed at improving overall posture and pain management.

*\*Mats are limited. It is recommended to bring your own.*

**POWER PUMP** A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class also elevates the heart rate response. Build muscle and burn fat!

**ROLL & RECOVER** This foam rolling class is a fusion of gentle yoga stretching and self-myofascial release. Foam rolling improves flexibility, reduces muscular stiffness, speeds up recovery and helps alleviate pain. This is the perfect addition to your other training programs. Please bring your own foam roller.

**YOGA FLOW\*** This class introduces more challenging aspects of the Vinyasa practice. The flow of yoga postures encourages muscles to strengthen and lengthen; all with a mind body focus for improved wellness.

**HATHA YOGA\*** This class begins with a slow flow of postures, then moves into a variety of sequences perfect for promoting joint health. The practice concludes with a restorative series of deep, relaxing floor postures and breath exercises that restore a sense of balance and well-being.

**ZUMBA\*** Zumba's high energy dance moves are blended to the rhythms of salsa, merengue, cumbia with reggae ton and hip hop. Zumba brings you an inspired cardio-dance workout like never before.

## SPIN STUDIO

**BRAIN POWER** A fitness class with brain health benefits! The exercises in 'Brain Power' combine carefully crafted fitness drills with cognitive challenges. The outcome is health improvements for both body and brain. Expect a physical challenge along with added cognitive load. Get your body and brain cells moving with Brain Power!

**POWER CYCLE** A interval style, cardiovascular workout on indoor Spinning® bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

## POOL

**H2O FIT** Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

**H2O HIIT** This high energy aqua class incorporates timed intervals of exercise and recovery. The exercises can be done at your own pace. All fitness levels are welcome.

*\*Aqua Classes limited to 15 participants, when necessary sign-in is required at the front desk one hour prior to class start time*

**F.I.T. with TRX®**  
FUNCTIONAL INTEGRATED TRAINING

# SMALL GROUP TRAINING

**TRX® HEALTHY JOINTS I** This specialized training is perfect for the TRX® newcomer or those seeking a gentler approach to suspension training. Healthy Joints I supports active aging by building strength and improving flexibility and balance. TRX® provides exercise assistance, enabling the user to gain success. This small group format ensures personal attention to support safety and proper execution for maximum results.

**TRX® HEALTHY JOINTS II** This session is the perfect progression for those with experience and success in Healthy Joints I. You can expect a higher level of challenge with regard to training strength, flexibility and balance.

**TRX - CAMP** This high intensity, interval style workout incorporates elements of strength, agility and cardiovascular conditioning. These cross training circuits blend TRX® and Bootcamp style exercises that focus on quantifiable repetitions and, or timing of your strength and cardio sets. Designed to burn fat and build muscle this workout promises a varied mix of functional training under the direction of a personal trainer.