



\*Sign up for classes on the Mind Body App

# Group Exercise Class Schedule

## SEPTEMBER 2017

Fitness Club Hours of Operation: Monday through Sunday 5:00 a.m. - 9:00 p.m. 916-358-7033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 5:30-6:30 AM Debbie		SPIN 5:30-6:30AM Kris		SPIN 5:30-6:30 AM Kris	
KICKBOX FUSION 8:15 AM Jen	ZUMBA 8:15AM Chandra	MAT PILATES 8:15 AM Dawn	POWER HOUR VINYASA YOGA 8:15 - 9:15AM Mike	SPIN 8:15 AM (45 min) Debbie	
		LES MILLS™ BODY PUMP 9:30AM Deborah/Jen		TIGHT & TONE 9:30 AM Jen	FAMILY YOGA 9:30 AM Mike/Maryeth
LES MILLS™ BODY PUMP 9:30 AM Deborah/Jen	YOGALATES 9:30AM Dawn	GUTS & BUTTS 10:45 AM Pepper Von	SPIN 9:30 AM (45 MIN) Debbie		FAMILY YOGA 9:30 AM Mike/Jessica
ZUMBA GOLD 11:00 AM Chandra	CALORIE KILLER 10:45AM	STRETCH 12:00 PM Pepper Von	STRONG & LEAN 10:45AM Pepper Von		
YIN YOGA 6:30-7:45 PM Mike		YIN YOGA 6:30 - 7:45 PM Mike	STEP 12:00PM Pepper Von		

## Group Exercise Class Descriptions

### **YOGA (Family)**

(Mike Hamelton) A combination of Power Vinyasa and Yin (long stretches) Yoga that creates a dynamic class. Each Session will expand an emotional and physical boundary that creates the possibility of growth. No two classes are the same. All fitness levels welcome.

### **SPIN**

All fitness levels welcome. The class will simulate outdoor riding techniques with rolling hills, mountain peaks, time trials, intervals, recoveries, and sprints. Experience the best cycling class workout you've ever had while burning 400-600 calories. Arrive early for a personalized bike fit and instruction. Heart rate monitor and water bottle highly recommended.

### **BODY PUMP**

A one hour weight lifting workout set to music! This class will challenge all your major muscle groups and get you stronger. Average calorie burn is 500-600 per class. All fitness levels welcome.

### **CALORIE KILLER**

A great workout using free weights, bands and body weight exercises. This class will hit every muscle in your body. All fitness levels welcome.

### **STEP**

Step Class is a cardio workout using an elevated platform. This step class will boost your heart rate. All fitness levels welcome.

### **POWER VINYASA YOGA**

This is a dynamic, both physically & spiritually, energizing form of yoga that sculpts every muscle in the body. The vigorous combination of poses helps to build stamina, strength, balance & flexibility. The flow includes synchronizes breath with movement and includes holding poses. This higher intensity class will combine dynamic flows with longer holds and core conditioning. Modifications provided for all levels.

### **ZUMBA GOLD**

This class is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh and most of all exhilarating! Zumba Gold provides modified, low-impact moves for active older adults.

### **KICKBOX FUSION**

This is a non-contact class for everyone. Conducting kickboxing drills which incorporates drills, bands & tabatas, at your own pace. No experience needed. All fitness levels

### **YIN YOGA**

Yin Yoga is a series of poses taken in seated or prone position, joining the breath and mind's awareness to the sensations of the body. We stay in poses 2 to 5 minutes to allow the connective tissue to stretch the muscles to lengthen, the joints open up, and the mind to clear from the clutter of our busy lives. It's a physically healing practice. Good for the circulation, flexibility, restoring muscle tone, and calming the mind. All poses are easily modified for all levels of practice.

### **MAT PILATES**

Pilates will create greater strength, balance, flexibility and improve posture utilizing body weight as well as incorporating bands, light weights and balls for building a strong core. ***All fitness levels welcome!***

### **YOGALATES**

A Fitness routine that fuses pilates exercises with the postures and breathing techniques of yoga.

### **LEAN & STRONG**

This is a multi-dimensional work out ranging from muscle toning and conditioning, to cardio dance... from kickboxing, agility and core strengthening to flexibility. In this class we use exercise tubes/bands, small hand weights and natural body gravity. Bring your towel, water bottle, great personality & get ready for a FUN exhilarating workout!

### **STRETCH**

Stretch is a highly effective, gentle and user friendly stretch class that can help us meet this demand for superior mobility.