



\* Sign up for classes on the Mind Body App  
7 days prior to class

## Group Exercise Class Schedule

# APRIL 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPIN</b> 5:30-6:30AM Kris		<b>SPIN</b> 5:30-6:30AM Gina		<b>SPIN</b> 5:30-6:30AM Aaron		
<b>BARRE</b> 8:15-9:15AM Michelle	<b>ZUMBA</b> 8:15-9:15AM Chandra	<b>BARRE</b> 8:15-9:15AM Rebecca	<b>ZUMBA</b> 8:15-9:15AM Heather	<b>BARRE</b> 8:15-9:15AM Rebecca		
<b>LES MILLS™ BODY PUMP</b> 9:30-10:30AM Jen	<b>KICKBOX FUSION</b> 9:30-10:30AM Rebecca	<b>LES MILLS™ BODY PUMP</b> 9:30-10:30AM Brittany	<b>SPIN</b> 9:30-10:15AM (45 MIN) Aaron	<b>BARRE</b> 9:30-10:30AM Rebecca	<b>FAMILY YOGA</b> 9:30-10:30AM Mike/Jessica	<b>BARRE</b> 10:15-11:15AM Michelle
<b>ZUMBA GOLD</b> 11:00-12:00PM Chandra	<b>BARRE</b> 10:45-11:45AM Heather		<b>TIGHT N'TONE</b> 10:30-11:30AM Jen			
<b>STRETCH</b> 12:00-1:00PM Pepper Von	<b>SENIOR FITNESS</b> (weight room) 1:00-2:00PM Dawn	<b>STRETCH</b> 12:00-1:00PM Pepper Von	<b>SENIOR FITNESS</b> (weight room) 1:00-2:00PM Dawn			
<b>YIN YOGA</b> 6:30-7:45PM Mike	<b>BARRE</b> 5:30-6:30PM Gina	<b>YIN YOGA</b> 6:30-7:45PM Mike				

*Oh hello  
Spring*

## **Group Exercise Class Descriptions**

### **YOGA (Family)**

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.

### **SPIN**

All fitness levels welcome. This 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.

### **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 bands & tabatas, at your own pace. No experience needed.

### **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.

### **BARRE**

Barre is a full-body conditioning class combining elements of Pilates, Yoga, Ballet-inspired movements with functional training. Barre focuses on posture and body alignment while building strength, improving balance, increases flexibility and calorie burn. Modifications and progressions for all levels.

### **STRETCH**

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

### **TIGHT N' TONE**

Tight and tone is a workout using free weights, bands and body weight. This class will hit every muscle in your body.

### **ZUMBA**

This class is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **SENIOR FITNESS**

Build strength, balance and safely perform exercises utilizing the machines and equipment in the weight room. Learn way's to progress and modify each exercise in a fun and safe environment.

*Classes are designed for all Fitness Levels*