



\* Sign up for classes on the Mind Body App  
 \* Fresh Press Organic Pure life Juices  
 Delivered every Monday

## Group Exercise Class Schedule

# November

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
SPIN 5:30-6:30AM Don		SPIN 5:30-6:30AM Kris		SPIN 5:30-6:30AM Aaron	
KICKBOX FUSION 8:15-9:15AM Jen S.	ZUMBA 8:15-9:15AM Chandra	MAT PILATES 8:15-9:15AM Rebecca	ZUMBA 8:15-9:15AM Heather	SPIN 8:15-9:00AM (45 min) Sheila	
LES MILLS™ BODY PUMP 9:30-10:30AM Deborah/Jen	“TONE IT UP” & “TONE IT DOWN” 9:30-10:30AM Jen	LES MILLS™ BODY PUMP 9:30-10:30AM Deborah/Jen	SPIN 9:30-10:15AM (45 MIN) Aaron	TIGHT N'TONE 9:30-10:30AM Jen S.	FAMILY YOGA 9:30-10:30AM Mike/Jessica
ZUMBA GOLD 11:00-12:00AM Chandra			YOGA ESSENTIALS 10:45-11:45AM Mike		
STRETCH 12:00-1:00PM Pepper Von		STRETCH 12:00-1:00PM Pepper Von			



YIN  
YOGA  
6:30-7:45PM  
Mike

YIN  
YOGA  
6:30-7:45PM  
Mike

## **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.

### **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 drills, 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.

### **MAT PILATES**

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

### **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 high Intensity workout using free weights, bands and body weight. This class will hit every muscle in your body.

### **YOGA ESSENTIALS**

Yoga essential is about connecting the mind and body while putting emphasis on core strength, flexibility, balance and mindful breathing. If you haven't taken a yoga class before, this is your class! Suitable for all fitness levels.

### **ZUMBA**

ZUMBA® 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.

### **"TONE IT UP" & "TONE IT DOWN"**

This class will be alternating each week with upper body focus one week and lower body focus the next week, always incorporating abs in every class. "Tone it Up" emphasizes on upper body while "Tone it Down" emphasizes on the lower body.