

Spring 2020 1/13-4/25	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8:00 AM		Cycle w/ Sarah: <i>Studio A</i> Circuits w/ Katie: <i>Studio C</i>	SWERK w/ Kathryn: <i>Studio C</i>	TRX w/ Sarah: <i>Studio C</i>		
11:30 AM- 12:00 PM (30 min. express class)	Express HIIT Cycle w/ Kara: <i>Studio A</i>	Restorative Yoga w/ Jackie: <i>Studio C</i>	Express TRX w/ Arian: <i>Studio C</i>	Restorative Yoga w/ Jackie: <i>Studio C</i>	Express HIIT Cycle w/ Kara: <i>Studio A</i>	
12:10 – 1:00 PM	Cycle Sculpt w/ Shannon: <i>Studio A</i>	Circuits w/ Kara: <i>Studio C</i>	Cycle w/ Arian: <i>Studio A</i> Water Aerobics w/ Jackie: <i>Pool</i>	Circuits w/ Kara: <i>Studio C</i> Cycle w/ Arian: <i>Studio A</i>	Barre Blend w/ Shannon: <i>Studio C</i>	
1:00-3:00 PM	Rec Fit Open Gym: <i>Studio C</i>	Rec Fit Open Gym: <i>Studio C</i>	Rec Fit Open Gym: <i>Studio C</i>	Rec Fit Open Gym: <i>Studio C</i>	Rec Fit Open Gym: <i>Studio C</i>	Vovinam-Viet Vo Dao w/ Phuong Le: <i>Studio C</i>
4:00-6:00 PM	Rec Fit Open Gym: <i>Studio B</i>	Rec Fit Open Gym: <i>Studio B</i>	Rec Fit Open Gym: <i>Studio B</i>	Rec Fit Open Gym: <i>Studio B</i>	Vovinam-Viet Vo Dao w/ Phuong Le: <i>Studio C</i>	
5:15 – 6:15 PM	SWERK w/ Kathryn: <i>Studio C</i>	Zumba w/ Jan: <i>Studio C</i>	Cycle w/ Sarah: <i>Studio A</i>	Cycle w/ Katie: <i>Studio A</i> Zumba w/ Jan: <i>Studio C</i>		
6:30 – 7:30 PM		SWERK w/ Kathryn: <i>Studio B</i> Yoga w/ Jan: <i>Studio C</i>	Circuits w/ Katie: <i>Studio C</i>	Yoga w/ Jan: <i>Studio C</i>		

Class Descriptions

Barre Blend: Ballet-inspired moves with elements of Pilates, dance, yoga and strength training. This class is suitable for fitness abilities through low impact exercises.

Cycle: Indoor fitness cycling. Rides include a variety of drills that simulate outdoor cycling. Suitable for all fitness abilities. New participants should arrive to class a few minutes early for assistance with bike set up.

Cycle Sculpt: offers the best of both worlds –aerobic conditioning on the bike and resistance exercise off the bike!

Circuits: Burn through functional movements to receive a full body strength and cardio workout. This class is a mix of everything-TRX, battle ropes, kettlebells, dumbbells, etc.! Learn to move your body as a unit, exercise with a purpose and improve your athleticism! All fitness levels and experience are welcomed.

Express HIIT Cycle: Get sweating and working hard with High Intensity Interval Training (HIIT). Follow along with your instructor as you push through series of high and low intervals. 30 minutes is all you will need for this fun, intense cycling workout!

Rec Fit Open Gym: Studio C or B will be available for self-directed fitness activities. Yoga mats, TRX suspension trainers, dumbbells, battle ropes and medicine balls will be available.

SWERK: SWERK pairs upbeat dance routines with pop and hip hop music. You'll get a great workout while moving to some of your favorite songs! Be prepared to sweat!!

TRX: Born in the Navy SEALs, TRX Suspension Training is a system that leverages your own body weight against gravity to create a comprehensive total body workout. Develop strength, balance, flexibility and core stability all in one workout. –In this class, your body is the machine!

Vovinam-Viet Vo Dao w/ Instructor Phuong Le: Following international VVN-VVD training curriculum, students and staff will learn Vietnamese martial arts techniques and philosophy to enhance health, flexibility, and self-defense. Beginners are welcome!

Water Aerobics: Cardio and strength training performed in the water! This type of training is very easy on the joints and a blast!

Yoga: Improve flexibility, strength and balance in a moving meditation. Move through various standing, seated, forward bending, and balancing poses. Suitable for a variety of fitness levels. *Restorative yoga* is a practice that is all about slowing down and opening your body through passive stretching. By holding stretches for longer periods of time, your muscles are allowed to relax deeply.

Zumba: Fitness class inspired by Latin Dance. Move to hypnotic musical rhythms while learning fun dance moves. Plus, you'll get a fantastic workout! This class is fun and easy to do! No dance experience needed!