|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Monday | Tuesday | Wednesday | Thursday | Friday |
| 6-7 | 6:35- 6:50**Stretch** | 6:25 – 6:40**Core**6:40- 6:55**Stretch** | 6:35- 6:50**Stretch** | 6:25 – 6:40**Core**6:40- 6:55**Stretch** | 6:35- 6:50**Stretch** |
| 7-8 | 6:55 – 7:45**MetCon**(Sydney)Max: 10 | 7:00 – 8:00**All Levels Yoga**(Annie)Max: 15 | 6:55 – 7:45**MetCon**(Sydney)Max: 10 | 7:00 – 7:50**All Levels Yoga**(Annie)Max: 15 |  |
| 10-11 |  |  |  |  |  |
| 11-12 | 11:00 – 11:50**Yoga**(Jenny)Max: 15 |  | 11:00 – 11:50**Yoga**(Kristen)Max: 15 | 11:00 – 11:50**Self-Directed Mace Flow** |  |
| 12-1 | 12:10 – 1:10**Zumba**(Jaleel)Max: 15 | 12:00 – 12:50**Hustle & Muscle: 2 FIT 2 QUIT**(Ally)Max: 10 | 12:00 – 12:50**Rowing**(Libby)Max: 10 | 12:00 – 12:50**Hustle & Muscle: 2 FIT 2 QUIT**(Ally)Max: 10 | 12:00 – 12:50**Rowing**(Libby)Max: 10 |
| 1-2 |  |  | 1:00–1:50**Zumba**(Jaleel)Max: 15 |  | 1:00 – 1:50**Restorative Yoga**(Jenny)Max: 15 |
| 2-3 |  |  |  | 2:00 – 2:50**Yoga**(Kristen)Max: 15 |  |
| 3-4 |  | 3:00 – 3:50**HIIT**(Angelina)Max: 9  |  | 3:00 – 3:50**HIIT**(Angelina)Max: 9  |  |
| 4-5 |  | 4:00 – 4:50**Boxing**(Vincent)Max: 15 | 4:00 – 4:50**Yoga**(Jenny)Max: 15 | 4:00 – 4:50**Boxing**(Vincent)Max: 15 | 4:30 – 5: 25**Self-Directed Mace Flow**  |
| 5-6 | 5:00 – 5:45**Cycling**(Liza)Max: 9 | 5:00 – 5:45**MetCon**(Sydney)Max: 10 | 5:00 – 5:45**Muscle Vigor**(Sarah)Max: 12 | 5:00 – 5:45 pm**MetCon**(Sydney)Max: 10 |  |

**Group Exercise Descriptions:**

**All Levels Yoga with Annie:**
Start your day off right with some mindful movement and breathing! Focusing on alignment and technique in postures, breathing, and improving flexibility along with strength, this class is accessible to all skill levels. Relax. Rejuvenate. Renew! Emphasis is on enhancing wellbeing.

**Boxing with Vincent:**
Looking for a new and engaging workout!? Look no further! Boxing is a great way to relieve stress and build confidence, while challenging your body. This class caters to participants who want to learn boxing technique and get a taste of what it’s like to be ‘fighting fit’ through boxing specific conditioning, including HIIT circuits and drills.

**Cycling with Liza:**

Come bike along in this guided group exercise session, set to lively, motivating music. You will ride with the beat and complete a series of drills including riding up hills, sprinting, interval cycling, and more!  No prior cycling experience necessary, and all levels of fitness are welcome! Come have fun while increasing your strength and endurance and burning calories!

**HIIT with Angelina:**

HIIT or High-Intensity Interval Training is a fitness programming technique utilizing short, intense bouts of work, followed by brief, and sometimes active, recovery periods. HIIT is a great way to maximize your time and results in the gym and is guaranteed to make you sweat! Experienced exercisers are encouraged to work at, or near maximal effort, while beginners are coached on quality of movements before advancing to higher intensities. HIIT classes will focus on constantly varied functional movements that target the body utilizing: balance, agility, speed, power, strength, endurance, and mindset. You can count on HIIT for a great workout!

**Hustle & Muscle: 2 FIT 2 QUIT with Ally:**
This class is a variety of total body conditioning that involves strength, muscular endurance, and body weight exercises. Designed to change each week to target all major muscles groups in a variety of ways. We utilize a mix of free weights, resistance bands, med balls, weighted bars, steps and BOSU balls. It is suited for a beginner to a fitness fanatic- as you set your own bar for how hard you want to push!

**MetCon with Sydney:**

This type of training requires maximum output of its clients (but can be done at moderate intensity) but in return offers impressive results with less of a time commitment than conventional workouts. Rather than compartmentalizing training into elements of cardio, strength, muscular endurance, plyometrics, and agility Metabolic Conditioning combines all of them into one program.

**Muscle Vigor with Sarah M:**

In muscle vigor you will become comfortable with handling free weights and the physical technique that is required for them. Once you become comfortable with the handling and perfect your technique, you will push the limits of what you have done before to greater improve your muscle strength and overall muscle health. There is no one set amount of weight used for every participant so all levels of strength trainers (beginner-advanced) are welcome.

**Restorative Yoga with Jenny:**
Rest and restore with slow movements designed for relaxation. Gentle stretches are held for several minutes at a time while focusing on the breath and releasing the body in each position.

**Rowing with Savannah & Libby:**

Looking for a low impact cardio workout that’s fun and will get your heart rate up? Look no further! This class will focus on proper rowing form, while increasing both cardiovascular and muscular endurance through workouts on the rowing ergometer mixed with some strength exercises and core. No rowing experience necessary and all fitness levels are welcome!

**Vinyasa Yoga with Jenny & Kristen:**
Vinyasa yoga is a full body workout that pairs breath and movement, to promote not only strength and flexibility, but also bring attention to both the body and mind. This is a class for everyone where all poses can be modified to be more or less advanced. Classes begin with a short period of breathing and mindfulness, followed by a series of postures designed to engage and stabilize the body. Each class will close with a time of quiet relaxation, allowing everyone to leave feeling calm and revitalized.

**Zumba with Jaleel:**

This Zumba class is all about self-empowerment and self-confidence. We will be shakin’ our hips and learning dance combinations to Latin, Hip Hop, and Pop songs. If we both leave the class with even a drop of sweat on our foreheads, then we have done our jobs. ☺