


WEEKLY GROUP EXERCISE SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00A ATH. COND. MARY DARE	8:15-9:00A CORE STRENGTH STEPHANIE	8:15-9:00A ATH. COND. MARY DARE	8:15-9:00A CORE STRENGTH STEPHANIE	8:15-9:00A ATH. COND. MARY DARE	
				8:15-9:00A MEDITATION ISABEL	
9:30-10:30A MAT PILATES JENN	9:30-10:30A VINYASA FLOW SUZANNE	9:30-10:30A VINYASA FLOW JENN	9:30-10:30A VINYASA FLOW SUZANNE	9:30-10:30A MAT PILATES JENN	9:00-10:00A VINYASA FLOW SALLY
		10:45-11:45A MAT PILATES JENN			10:30-11:30A FOUNDATION TRAINING JOSH
12:00-1:00P SLOW FLOW DIA	12:00-1:00P SLOW FLOW DIA	12:00-1:00P FLEX FLOW MEG	12:00-1:00P FLEX FLOW MEG	12:00-1:00P VINYASA FLOW SALLY	
5:30-6:30P VINYASA FLOW SALLY		5:30-6:15P ATH. COND. ALAN			

CLASS DESCRIPTIONS

ATHLETIC CONDITIONING (ATH. COND.)

This high intensity class focuses on cardio, strength, balance, plyometric drills, and core work.

CORE STRENGTH

This class utilizes high repetitions with lower weights along with your own body weight to help you walk taller and feel stronger.

FLEX FLOW: YOGA FOR SUPPLE JOINTS

Flex Flow is designed with your joints in mind. This class puts emphasis on alignment to protect and support your joints - great for beginners!

FOUNDATION TRAINING

FT uses the principles of ideal human biomechanics to improve posture and relieve back and joint pain. All ages and levels of fitness are welcome.

MAT PILATES

Mat Pilates offers a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Props will be provided.

MEDITATION

learn meditation techniques and breathing exercises to help with stress and anxiety.

SLOW FLOW

This class offers all the benefits of vinyasa yoga at a slower pace. This class is for all levels.

VINYASA FLOW

Build strength, flexibility and concentration while moving the body. This class is for all levels.

PRICING

DROP IN CLASS - \$22

**NEW STUDENTS
5 FOR \$55**

(EXP. 30 DAYS)

10 CLASS PASS - \$175

(EXP. 1 YEAR)

MONTH UNLIMITED - \$130

(AUTO-DRAFT 12 MONTHS)

MONTH UNLIMITED - \$150

(MONTH TO MONTH)

Pricing subject to change. Please see website for details.

