GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00A ATH.COND. **MARY DARE**	**8:15-9:00A** ATH.COND. **MARY DARE**	**8:15-9:00A** ATH.COND. **MARY DARE**		**8:15-9:00A** ATH.COND. **MARY DARE**	
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**	**10:45-11:45A** FOUNDATION TRAINING **JOSH**		**10:30-11:30A** FOUNDATION TRAINING **JOSH**
12:00-1:00P SLOW FLOW **SUZANNE**	**12:15-1:00P** ATH. COND. **ALAN**		**12:15-1:00P** ATH. COND. **ALAN**	**12:00-1:00P** VINYASA FLOW **SALLY**	**12:15-1:00P** BEGINNER STRENGTH **ALAN** (1st and 3rd Sat. only)
5:30-6:30P VINYASA FLOW **SALLY**	**5:30-6:30P** DEEP STRETCH **SARA**	**5:30-6:15P** ATH. COND. **ALAN**			**12:00-1:00P** RESTORATIVE **SARA** (2nd Sat. only)

CLASS DESCRIPTIONS

ATHLETIC CONDITIONING (ATH. COND.) - Cardio, plyometric drills, and core work. All levels.

BEGINNER WEIGHT TRAINING - For seniors, beginners, and those returning to exercise. A safe, structured introduction to strength training for those with little or no prior experience.

DEEP STRETCH WITH YOGA NIDRA - 35–40 minutes deep stretch and restorative postures ending with guided Yoga Nidra meditation.

FOUNDATION TRAINING - Uses the principles of biomechanics to improve posture and relieve back and joint pain. All levels, beginner friendly.

MAT PILATES - Focuses on core muscles. Props will be provided. All levels, modifications offered.

SLOW FLOW - This class offers all the benefits of vinyasa yoga at a slower pace. All levels, beginner friendly.

RESTORATIVE YOGA - Fully supported yoga postures for rest and relaxation. All levels, beginner friendly. Props provided. Second Saturday of the month.

VINYASA FLOW - Build strength, flexibility and concentration while moving the body. All levels.

PRICING

5 CLASSES FOR $55
(NEW STUDENTS ONLY)
(EXPIRES 30 DAYS)

DROP IN CLASS - $22

5 CLASS PASS - $99
(EXPIRES 2 MONTHS)

10 CLASS PASS - $185
(EXPIRES 1 YEAR)

20 CLASS PASS - $350
(EXPIRES 18 MONTHS)

MONTH UNLIMITED - $140
(AUTO-DRAFT 12 MONTHS)

Pricing and schedule are subject to change. Please see website for details.

SCAN ME