

# FITNESS CLASSES APRIL 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM - 8:45 AM	<b>Hatha Yoga &amp; Morning Stretch</b> 8:00 AM - 8:45 AM	7:15 AM - 8:00 AM <b>Circuit Burn &amp; Strength</b> 7:15 AM - 8:00 AM		<b>Circuit Burn &amp; Strength</b> 7:15 AM - 8:00 AM	
11:00 AM - 11:30 AM		<b>Circuit Works</b> 11:00 AM - 11:30 AM		<b>Circuit Works</b> 11:00 AM - 11:30 AM	
12:00 PM - 12:30 PM	<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM		12:00 PM - 12:45 PM <b>Back, Booty, &amp; Core</b> 12:00 PM - 12:45 PM		<b>Yoga Flow</b> 12:00 PM - 12:45 PM
5:00 PM - 5:30 PM	<b>Balance Class</b> 5:00 PM - 5:30 PM	2:00 PM - 2:30 PM <b>Agility Class</b> 2:00 PM - 2:30 PM		<b>Balance Class</b> 2:00 PM - 2:30 PM	5:00 PM - 5:30 PM <b>Agility Class</b> 5:00 PM - 5:30 PM

## Back, Booty, & Core

Concentrates on strengthening the muscles around the core with an emphasis on core strength and stability. Providing the vital ingredient for a stronger body.

## Circuit works

A number of different exercise stations being set up around the room. Participants will start at one specific station and doing that will exercise at that station for a set period of time. GREAT FOR ALL SKILL LEVELS!

## Circuit Burn & Strength

This is a fast paced energizing circuit with stations carefully designed to deliver a total body knockout workout.

## Agility Class

Improving footwork to be quick and easy, increase ability to safely negotiate obstacles and improve reaction time.

## Vinyasa Yoga Flow

Flow is a vigorous class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic poses before moving onto the more complex poses. Helps build overall strength and flexibility.

## Hatha Yoga & Morning Stretch

Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

## Balance Class

Strengthening the ability to balance for all levels to help increase stability, reduce risk of falls and stay upright easier and more naturally.

## Monthly Challenge

### Join the Resistance!

Resistance training (also known as weight training) is GOOD stress for the body and helps fight the negative effects of BAD stress. It's a win win!

For every 50 repetitions of resistance training (any exercise and any weight size, but hey! Why not mix it up!), you can earn a ticket for a prize drawing at the end of the month!

**We are open Monday - Friday  
from 6:30 AM - 6:30 PM**

