

FITNESS CLASS SCHEDULE

June 4 - 10



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Space 10:00 AM - 8:00 PM	Spin 6:15 AM <i>Christian</i>	Spin 7:00 AM CANCELED	HIIT 6:15 AM <i>Christian</i>	HIIT Cycle 6:15 AM <i>Amy. C</i>	HIIT 6:15 AM <i>Christian</i>	<u>Yoga For Stiff People</u> 9:00 AM CANCELED
	<u>Yoga For Stiff People</u> 9:00 AM <i>Wendy</i>	Vinayasa Yoga 8:30 AM <i>Mariah</i>	Spin 7:00 AM <i>Amy</i>	Vinayasa Yoga 8:30 AM CANCELED	Water Aerobics 9:30 AM <i>Emily</i>	Pilates 11:15 AM <i>Carla</i>
	Water Aerobics 9:30 AM <i>Emily</i>	Water Aerobics 9:30 AM <i>Barb</i>	<u>Yoga For Stiff People</u> 9:00 AM <i>Mariah</i>	Rhythm Renwal 9:00 AM <i>Kathy.M</i>	Slow FlowYoga 9:00 AM CANCELED	Open Space 12:30 PM - 8:00 PM
	Move It! 10:30 AM <i>Wendy</i>	Booty Barre 5:30 PM <i>Adryen</i>	Age-Ility 10:15 AM <i>Carla</i>	Water Aerobics 9:30 AM <i>Barb</i>		
		Oula 7:00 PM <i>Samantha.R</i>	Butts n Guts 11:15 AM CANCELED	Pilates 10:00 AM <i>Carla</i>		
			Yoga Flow 12:00 PM CANCELED	Booty Barre 5:30 PM <i>Adryen</i>		
			MindBody Flow 5:30 PM CANCELED	Oula 7:00 PM <i>Samantha.R</i>		
				HIIT 5:45 PM <i>Christian</i>		
			Hip/Hop Dance 7:00 PM <i>Cami</i>			

East Studio Room

MindBody (West) Studio

Pool

Nottingham Park

- Classes are included with Membership, Punch Card, or Admissions
- Classes with \$ do cost an additional fee. Please click on class for more details.
- Classes with * will be held in the Park; Rec Center West Lawn or Harry A. Nottingham Fit Court

Class Descriptions:

Yoga for Stiff People: Yoga Flow with the purpose of stretching with intention and mindful breathing. This gentle and effective approach to yoga will ease you into strength and flexibility through the use of breathing, props, and a variety of modifications of traditional yoga.

Slow-Flow Yoga: Yoga doesn't have to be fast to be a fun and effective, full body and mind workout. During each Slow-Flow class we practice three of the eight limbs of yoga; breathwork, poses and meditation. As one pose flows into the next we gain strength, focus and flexibility. Each pose is coordinated with breathing and focused gaze for developing concentration. Slow-flow yoga is appropriate for all yoga practitioners, as modifications are provided throughout the class.

Body Barre/Booty Barre: This resistance training class is a barre inspired workout, using body weight and light weighted movements to target the muscles in the arms, thighs, glutes and abdominals. The point of fatigue then stretch them for the relief, combining strength training, core and stretch sequences that will sculpt the body.

Pilates: A powerhouse punch for you! Targeted exercises for strength, power, control and flexibility. Gain a renewed sensation of support in your legs and arms. Bring plenty of padding for this class, multiple layers of yoga mats are suggested.

Spin: Join us for an hour of indoor cycling that will challenge all levels of athletes. Classes combine a variety of endurance riding, strength, speed, and hill training to improve your overall fitness. Bike shoes and shorts are recommended but not required.

Spin & Sculpt: This 45-minute class will challenge all levels of athletes. It includes power indoor cycling with intervals using weights and body sculpting, off the bike. Bike shoes and shorts are recommended but not required.

Water Aerobics: Water Aerobics is a low impact whole body conditioning that is good for your cardiovascular health and super fun and social. Takes place in the Diving Well, all equipment is provided.

Oula: Merges high-intensity cardio with easy to follow choreography, mindfulness practices, and a culture of inclusivity - all to an energetic pop soundtrack. Every Oula class empower participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection
HIIT: High Intensity Interval Training

Vinyasa Yoga: emphasizes the sequential movement between postures, coordinated with and guided by mindful breath. This class is a moving meditation that creates strength, freedom and fluidity in the body and mind. As we ride the waves of breath in our Yoga practice, we learn to ride the waves of change in our lives with more ease. All levels are welcome to join this vigorous practice in finding one's state of flow

Move It!: Keep your body and mind active, using various equipment like balls, straps, chairs, and body movements. "Motion is lotion!" Stretch, movement & breathing will be required!

Hip/Hop Dance: All dancers and levels welcome! The class will cover the fundamentals of hip hop dance, improv/freestyle, and choreography. We will dive into the street art form of hip hop dance infused with jazz, funk, soul, and other vernacular dances. The class will be based on rhythm and coordination with an emphasis on individual style. Come let your inner dancer be free!

Yoga Flow: Yoga Flow incorporates energetic vinyasa yoga methods through a series of fluid asanas and breath work. Emphasize strength, movement, and flexibility through the sequential motions between postures guided by deliberate breathing techniques. Gentle yin & meditation practices included at the end of each class. All levels welcome.

MindBody Flow: Move with breath and tune in to the subtle bodies that are with us each day. Mindful asana with alignment principles to ground into stability and seek balance. This class provides a full-body experience with the intention to draw in greater awareness to how we move physically so that we can connect that to our emotion and heart.

Butts n Guts: Tone those abdominals and lift your glute muscles with this 30 minute fast paced butts n guts class. Get ready to feel the burn! Use of bands are optional.

Beginner Country Dance: -Line and Partner dancing, no experience or partner required (we will adapt!), simple dances, slower tempo music, lots of repetition.

Beyond Beginner Country Dance- Line and Partner dancing, again no partner required, for those with some experience or quick learners with ego resilience, more complicated dances, faster tempo music, less repetition.