

# GROUP EXERCISE SCHEDULE

## SEPTEMBER 4<sup>TH</sup> – SEPTEMBER 28<sup>TH</sup>

### MONDAY

11:00 – 11:45am  
Barre Burn | Kelly

12:00 – 12:45pm  
Strength Circuit | Nick

1:00 – 2:00pm  
Power Flow Vinyasa\* |  
Nikki

### TUESDAY

11:00 – 11:45am  
Barbell Blast | Rachael

12:00 – 12:45pm  
Pure Cycle | Nick

1:00 – 1:45pm  
Zumba | Kelly

### WEDNESDAY

12:00 – 12:45pm  
Fit Fusion | Kelly

1:00 – 2:00pm  
Yoga Foundations\* | Nikki

2:15 – 3:00pm  
Bootcamp | Rachael

### THURSDAY

11:00 – 11:45am  
PiYo | Rachael

12:00 – 12:50pm  
Bootcamp Cycle | Nick

### FRIDAY

11:00 – 11:45am  
Cardio Bootcamp |  
Rachael

1:00 – 2:00pm  
All Levels Yoga\* | Nikki

**NO CLASSES 9/3 DUE TO LABOR DAY**

### Special Yoga Class Schedule

Wednesday, September 5<sup>th</sup> Yin Yoga & Essential Oils  
Monday, September 17<sup>th</sup> Yin-Yoga  
Wednesday, September 26<sup>th</sup> Yoga & Meditation

### Pound & Strong by Zumba Schedule

Monday, September 24<sup>th</sup> 11-11:45am  
**POUND**  
Tuesday, September 25<sup>th</sup> 1-1:50pm  
**STRONG by Zumba**

• Sign Up for Classes at 8am the day before at:  
<http://login.elevationportal.io/>

- **Waitlist Policy:** Those on the waitlist will receive an email notifying them if a spot becomes available. Taking the available spot is first come, first served by clicking on the link included in the email.
- Each class must have **at least 2 participants** within the first 5 minutes of the start of the class in order to run.

\*Fee based class, \$3.00 per class

## MONDAY

### Barre Burn

Pilates and ballet technique targeting the muscles of the hips, thighs, glutes, arms and abs.

**Low impact.**

### Strength Circuit

This circuit style class will take you through timed strength based movements and exercises focusing on upper body, lower body and core as well as mixing in one or two cardio exercises. This circuit class is designed to improve your muscular strength and endurance.

**Moderate to high impact.**

### Power Flow Vinyasa\*

Create strength and length through this dynamic and challenging vinyasa-style class that synchronizes the breath with the movements of the body and will build power with continuous flow. Students are empowered to move at their own pace. This high energy motivational class is based on breathwork first to inspire movement and growth.

**\$3.00 per class.**

### POUND – Last week of month

POUND is a full-body easy to follow cardio jam session, combining light resistance with constant simulated drumming. Through continual upper body motion using lightly weighted drumsticks, you'll turn into a calorie-torching drummer, POUNDing off pounds all while rocking out to your favorite music.

**Low to moderate impact.**

## TUESDAY

### Barbell Blast

Build strength, develop stability and decrease body fat by increasing lean muscle! Barbell Blast will take you through a full body workout using a combination of barbell exercises and body weight movements all geared towards making you your strongest self.

**Moderate to high impact.**

### Pure Cycle

45 minutes of pure cycling with a single focus or combination of hills, sprints, aerobic and anaerobic work.

**Low impact.**

### Zumba

Zumba® features exotic rhythms set to high-energy Latin and international beats.

**Low to moderate impact.**

### STRONG By Zumba –

#### Last week of month

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Moderate to high impact.**

## WEDNESDAY

### Fit Fusion

Class begins with a fun, dynamic warm up followed by various time intervals of strength burnouts for each major muscle group. Timed cardio drills will separate each strength session with both low and high impact options. Different equipment will be used to mix up each class!

**Moderate impact.**

### Yoga Foundations\*

Understand Yoga movement and your body with long held, traditional poses. Take the time to learn and feel grounded all while gaining inner and outer strength by engaging muscles and breath awareness. Anyone from a beginner to experienced yogi will benefit from the therapeutic quality to this class as it allows for space and opportunity to feel more, look inward, and heal deeply.

**\$3.00 per class.**

### Bootcamp

This class will vary week to week, no two classes will be the same. We will work with body weight, weighted movements, plyometric exercises, high intensity cardio, and much more! Be prepared to sweat and really push yourself!

**Moderate to high impact.**

## THURSDAY

### PiYo®

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Low to moderate impact.**

### Bootcamp Cycle

Join us for alternating circuits of 7 minutes of cycle and 5 minutes of strength work.

**Moderate to high impact.**

## FRIDAY

### Cardio Bootcamp

Class will alternate between 4 minute high intensity intervals of cardio, strength, and core. Cardio will be using a treadmill, rower, or bike. Strength will be both body weight and weighted exercises. Be prepared to sweat and really push yourself!

**Moderate to high impact.**

### All Levels Yoga\*

Begin to understand yoga movement through the body/mind connection as we incorporate gentle flows, balance, restorative stretching and breathing techniques. Students will learn to flow with the rhythm of their breath. This class is for anyone who is looking to learn more about yoga and how it can enhance your body movements and health.

**\$3.00 per class.**

### Yoga & Meditation\*

This class will consist of 60 minutes of meditation. The meditation session will relax and invite the body to become grounded & whole.

**\$3.00 per class.**

### Yin Yoga\*

Let go with long connective tissue stretches and meditative breathing for greater mobility, enhanced performance and injury prevention all while gaining self-acceptance. Great for very active minds and bodies or anyone who wants to connect on a deeper level.

**\$3.00 per class.**