

Group Fitness Class Description

JUMP Circuit = mini trampolines strength/cardio all in one. Class is divided into a circuit workout. Get overall body with this class.

BASIC YOGA - Basic VINYASA Flow

TRX training tool that leverages gravity and the user's body weight to complete

100s of exercises

POWER PUMP - STRENGTH TRAINING

FOR THE ENTIRE BODY

5-15-15- CLASS is DIVIDED INTO 15

MINUTES OF CARDIO, 15 MINUTES OF STRENGTH AND 15 ABS



Classic - Includes strength, core, cardio and flexibility.

Yoga Basic Yoga Poses and Flexibility

Staffed Hours

Monday - Thursday
8:00am - 12:00pm
4:30pm - 6:30pm

Friday
8:00am - 12:00pm
4:30pm - 6:00pm

Saturday
8:00am - 10:00am

346-4641



April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 3-2-1 10:30 SS Yoga 5:30 TRX	2 11:30 SS Classic 5:30 - 15-15-15	3 8:30 - 15/15/15 6:00 *Warm Yoga Flow	4 11:30 SS Classic 5:30 Basic Yoga	5 8:30 Power Pump
8 8:30 3-2-1 10:30 SS Yoga 5:30 - TRX	9 11:30 SS Classic 5:30 - 15-15-15	10 8:30 - 15/15/15 6:00 *Warm Yoga Flow	11 11:30 SS Classic 5:30 Basic Yoga	12 8:30 Power Pump
15 8:30 3-2-1 10:30 SS Yoga 5:30 - TRX	16 11:30 SS Classic 5:30 - 15-15-15	17 8:30 - 15/15/15 6:00 *Warm Yoga Flow	18 11:30 SS Classic 5:30 Basic Yoga	19 8:30 Power Pump
22 8:30 3-2-1 10:30 SS Yoga 5:30 - TRX	23 11:30 SS Classic 5:30 - 15-15-15	24 8:30 - 15/15/15 6:00 *Warm Yoga Flow	25 11:30 SS Classic 5:30 Basic Yoga	26 8:30 Power Pump
29 8:30 3-2-1 10:30 SS Yoga 5:30 - TRX	30 11:30 SS Classic 5:30 - 15-15-15	* Denotes extra fees for this class		 ABS & GLUTES Fitness Junkies

The Yoga Studio

Classes can be purchased with punch cards.
Non-Members
 Drop-ins \$12.00
 5 Punch \$50.00
Members
 5 punch \$45.00

****Warm Yoga Flow**
 Move slowly through movement, holding postures a little longer to refine alignment and build strength while calming the mind.
 Room Temperature 80-85F
 Perfect for beginners and experienced practitioners