

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

* Denotes extra fees for this class



May 2024



Monday	Tuesday	Wednesday	Thursday	Friday	
 ABS & GLUTES Fitness Junkies		1 8:30 15-15-15 6:00 *Warm Yoga Flow	2 11:30 SS Classic 5:30 Basic Yoga	3 8:30 NO CLASS	<p><i>The Yoga Studio</i></p> <p>Classes can be purchased with punch cards.</p> <p>Non-Members Drop-ins \$12.00 5 Punch \$50.00</p> <p>Members 5 punch \$45.00</p> <p>**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</p> <p>346-4641</p>
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