

# DRYLAND ROOM SCHEDULE-JANUARY

Free Weights, Stationary Bike, Yoga Mats Phone: 883-4567							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	CLOSED	CLOSED
7:00	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	CLOSED	
8:00	Power Pump 8:15	Dryland Room Open	Power Pump 8:15	Dryland Room Open	Dryland Room Open	CLOSED	
9:00	Stretch, Flex and Balance 9:15	Dryland Room Open	Stretch, Flex and Balance 9:15	Dryland Room Open	Dryland Room Open	CLOSED	CLOSED
10:00	Dryland Room Open 10:30	Pilates	Dryland Room Open 10:30	Pilates	Dryland Room Open	Dryland Room Open	CLOSED
11:00	Intro to Weight Lifting	Dryland Room Open	Intro to Weight Lifting	Dryland Room Open	Dryland Room Open		
12:00	Stretch, Flex and Balance	Dryland Room Open	Stretch, Flex and Balance	Dryland Room Open	Dryland Room Open	Dryland Room Open	CLOSED
1:00	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	CLOSED
2:00	Dryland Room Closed at 2:30	Dryland Room Closed at 2:30	Dryland Room Closed at 2:30	Dryland Room Closed at 2:30	Dryland Room Closed at 2:30		
3:00	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	CLOSED
4:00	Dryland Room Open	Work to Progress 4:30	Dryland Room Open	Work to Progress 4:30	Dryland Room Open	Dryland Room Open	CLOSED
5:00	Dryland Room Closed 5:30 Yoga	Dryland Room Closed 5:30 Yoga	Dryland Room Closed 5:30 Yoga	Dryland Room Closed 5:30 Yoga	Dryland Room Open	Dryland Room Open	
6:00	Dryland Room Open	Dryland Closed until 6:30	Dryland Room Open	Dryland Closed until 6:30	Dryland Room Open	CLOSED	

\*\*\* PLEASE ADVISE STAFF IF EXTRA CLEANING IS NEEDED FOR EQUIPMENT.

\*\*\* PLEASE PUT EQUIPMENT BACK WHERE YOU GOT IT

## **Dryland Class Descriptions**

All Classes are 50 mins to 1 hour

### **Intro to Strength Training M/W 11:00am**

Learn how to strength train safely and effectively. This class is catered to those that have never strength trained before or want to ease gently into strength training. Modifications are offered and you are encouraged to workout at a pace that is right for you.

Core training, body weight and light dumbbells/bands are used to increase strength without overdoing it. The goal is to build strength training into your workout routine in a fun, enjoyable and safe way.

### **Power Pump M/W 8:15am**

A medium intensity class that works on cardio and muscular strength through a variety of exercises.

This workout is a little more challenging and is a full body upbeat workout.

### **W.I.T. (Whatever IT Takes) T/TH 4:30pm**

Low impact, fun and varied workout that targets the whole body. This class is a good workout for all abilities.

### **Stretch Flex and Balance M/W 9:15am, M/W 1:00pm**

This class focuses on low impact stretching and strengthening.

Modifications are offered and this class is perfect for all abilities. There is a different focus every day with explanations behind each exercise. The M/W at 9:15 is a little more intense while the M/W at 1 pm is more relaxed and helpers such as bands and blocks are used.

### **Yoga With Melissa M/W 5:30pm**

Gentle yoga classes focused on relaxation and stretching with a calming and relaxing mindset. Each class starts with a quiet period that allows you to get relaxed.

### **Yoga with Katie T/TH 5:30pm**

Yoga with Katie is a flowing Vinyassa yoga that is good for all abilities and bodies.

The class goes at an easy pace and is welcoming to beginners. Mats are provided but you can bring your own if you would like.

### **Pilates T/TH 10:00am**

Pilates are a low impact workout that promotes core strength and stability.

This class is a popular class for people who want a full body workout but not a whole lot of cardio.