



GROUP FITNESS CLASS SCHEDULE

DOWNTOWN LOCATION

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|---|---|--|---|---|---|---------------|
| | SpinYasa Melissa 6:30 AM - 7:30 AM (3 rd Floor Studio) | | Strength & Stretch Sarah 6:30 AM - 7:30 AM | | Slow Flow Tanya 8:00 AM - 9:00 AM | |
| Muscle Sculpt Stephanie 9:00 AM - 10:00 AM | Low Impact & Toning Nancy 9:00 AM - 10:00 AM | Pilates Sheila/Liz 9:00 AM - 10:00 AM | Low Impact & Toning Nancy 9:00 AM - 10:00 AM | Muscle Sculpt Stephanie 9:00 AM - 10:00 AM | | |
| Integral Yoga Nick 10:30 AM - 11:45 AM | | ZUMBA Cheryl 10:15 AM - 11:00 AM | | Integral Yoga Nick 10:30 AM - 11:45 AM | BODYPUMP Priscilla 10:30 AM - 11:30 AM | |
| | | Kripalu Yoga Jyoti 12:00 PM - 1:15 PM | | | | |
| Mixed Level Flow Zoe 5:30 PM - 6:30 PM | ZUMBA Cynthia 5:30 PM - 6:15 PM | BODYPUMP Monica 6:00 PM - 7:00 PM | ZUMBA Cynthia 5:30 PM - 6:15 PM | Boot Camp Mark 5:30 PM - 6:30 PM | | |
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If you are not vaccinated please wear a mask in all areas of the club, including while in class. Don't forget a yoga mat, due to sanitation concerns we are no longer providing them for borrowed use. Disinfectant wipes will be available, please sanitize any props used at the end of the class. You may book Online for classes through the Empower ME section of the website.

GROUP FITNESS CLASS DESCRIPTIONS

BODYPUMP

This light weight, high repetition, barbell class is sure to deliver a great total body workout for all fitness levels. (Hybrid Class)

Boot Camp

Dumbbells, body weight, and calisthenics are sure to get your heart rate up in this fun and unique class. Maximize your workout hour in this class designed for all fitness levels. (Hybrid Class)

Integral Yoga

Guided meditation combined with poses, stretches, and breathing exercises are utilized to help you release stress in this mixed level class. (Hybrid Class)

Kripalu Yoga

Increase strength, flexibility, and balance as you work your way through a sequence of postures. Offering options for each individual to explore their own boundaries, this class is suitable for all levels. (Hybrid Class)

Low Impact & Toning

This low impact cardio class is designed to increase your endurance, balance, coordination and strength. (Hybrid Class)

Mixed Level Flow

Whether you are looking to add to your exercise regimen or to tone the body, this all-levels yoga class is for you. Expect to flow from one posture (asana) to the next as you build heat and flexibility in the body with a focus on the breath. Through movement, breathing exercises (pranayama) and relaxation at the end, you will strengthen mind, body, and spirit. Some experience with yoga is helpful but not necessary. (Hybrid Class)

Muscle Sculpt

Improve definition and strength during this total body workout that's focused on lifting techniques and functional movement. (Hybrid Class)

Slow Flow

An equal amount of support and challenge for all levels will be offered in this foundation building class through slow flow, standing postures, seated postures. (Hybrid Class)

SpinYasa

You're sure to explore the mind – body connection in this feel good class. You'll spend 30 minutes building heat in your muscles on the bike and then release into a Vinyasa style flow.

Strength & Stretch

Increase your range of motion, stability and strength as you perfect your lifting form during this total body workout. (Hybrid Class)

Zumba

Take the "work" out of your workout while you explore music from around the world in this fun, calorie-burning dance party. (Hybrid Class)

