



# March Group X Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Mixed Level Flow (Yoga) *</b> Maura 7 - 8 AM				
		<b>BUILD</b> Chris (3 <sup>rd</sup> Floor) 7 - 7:45 AM		<b>BUILD</b> Chris (3 <sup>rd</sup> Floor) 7 - 7:45 AM	<b>Cycling</b> Paul (3 <sup>rd</sup> Floor) 8:30 - 9:30 AM	
<b>Muscle Sculpt *</b> Stephanie 9 - 10 AM	<b>Low Impact &amp; Toning *</b> Nancy 9 - 10 AM	<b>Pilates *</b> Liz 9 - 10 AM	<b>Low Impact &amp; Toning *</b> Nancy 9 - 10 AM	<b>Pilates *</b> Sheila 9 - 10 AM		
<b>Integral Yoga *</b> Nick 11:15 AM - 12:30 PM		<b>Rooted Yoga</b> Linda 12 - 1 PM		<b>Integral Yoga *</b> Nick 11:15 AM - 12:30 PM		<b>Boot Camp *</b> Mark 10 - 11 AM
<b>SHRED</b> Nicole 4:30 - 5 PM				<b>Slow Flow &amp; Meditation</b> Dani 4:30 - 5:15 PM		<b>PRO-FLOW (Yoga)</b> Maura 4 - 5 PM
	<b>ZUMBA</b> Stephanie 5:30 - 6:15 PM		<b>ZUMBA</b> Stephanie 5:30 - 6:15 PM	<b>PRO-FLOW (Yoga)</b> Dani (3 <sup>rd</sup> Floor) 5:30 - 6:30 PM		
<b>Mixed Level Flow (Yoga) *</b> Zoe 5:30 - 6:30 PM	<b>Cycling</b> Paul (3 <sup>rd</sup> Floor) 5:30 - 6:30 PM		<b>Cycling</b> Paul (3 <sup>rd</sup> Floor) 5:30 - 6:30 PM	<b>Boot Camp *</b> Mark 5:30 - 6:30 PM		
	<b>Slow Flow &amp; Meditation</b> Dani 6:30 - 7:15 PM	<b>PRO-FLOW (Yoga)</b> Lindsay 6:15 - 7:15 PM				

\*Also Available Virtually



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## GROUP FITNESS DESCRIPTION

### **BUILD**

Designed and taught by our highly educated personal trainers, strengthen and sculpt through functional High Intensity Interval Training (HIIT). **Advanced registration encouraged.\***

### **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\*)

### **Cycling**

We take you over imaginary hills and valleys, challenging you with surges and tough spots. Capitalizing on aerobic and anaerobic intensity, set to great music.

### **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\*)

### **Low Impact & Toning**

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

### **Mixed Level Flow**

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. Strengthen mind, body, and spirit. (Hybrid Class\*)

### **Muscle Sculpt**

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

### **Pilates**

Strengthens the body with an emphasis on core strength. This improves general fitness and overall well-being. We will concentrate on posture, balance and flexibility. (Hybrid Class\*)

### **Pro-Flow**

Not for yoga beginners! This Vinyasa class is created for practitioners with a good foundation and understanding of linking breath to movement that know how to honor their body's needs and capabilities, modifying as needed and when to rest. Touching your toes is not required, but be prepared to move and sweat as you are challenged with more advanced asanas.

### **Rooted Yoga**

This all-level yoga class will give you a basic weekly tune-up along with a few challenges to help you maintain good posture, flexibility, and breath awareness as we move through traditional asanas including standing, seated, and balance-oriented poses. A warmup for the feet will be given on most days.

### **Shred**

Fast, fresh and funky, this hip hop driven step class will have you both breathless and smiling. Expect to test your endurance and build strength. Class is 30 minutes of step followed by 10 minutes of core work.

### **Slow Flow & Meditation**

This beginner friendly class is great for experienced yogis looking to deepen their mindfulness. Stretch and open the body to release tension and improve posture, while breathwork helps the mind prepare for meditation. The class will end with a seated guided meditation.

### **Zumba**

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

### **\*Hybrid Classes**

Hybrid classes will be both in person and virtually streaming. Register for virtual and in person classes at the front desk, online at [www.Islandhealth.clubautomation.com](http://www.Islandhealth.clubautomation.com) by calling 607.277.3861