



May-August - 2019 – GROUP FITNESS SCHEDULE

All Classes are free to Full Fitness Members
 (With the exception of a \$2 "Hot Fee" for Heated Yoga classes)
 Class may be cancelled due to low attendance



	SUN	MON	TUE	WED	THURS	FRI	SAT
8:30 AM			Fitness Flow Yoga				BODY PUMP
9:00 AM		Aqua Fitness		Aqua Fitness		Aqua Fitness	
9:15 AM		BODY PUMP		BODY PUMP			
10:30 AM		Silver Sneakers Circuit		Senior Yoga	Silver Sneakers Circuit		
4:30 PM		BODY PUMP		BODY PUMP			
5:30 PM			Pigs Fly Yoga BODY PUMP H2O Fit		Pigs Fly Yoga BODY PUMP		
5:45 PM				Bootcamp 101 (Starts May 8)			
6:00 PM		Hot Flow Yoga		Yin Yoga			
6:15 PM		Aqua Fitness		Aqua Fitness		Aqua Fitness	

Class Descriptions:

Body Pump (LES MILLS): A rapid fat-burning class using barbells to give you the fastest way to tone/condition muscles! 60 min.

Aqua Fitness: Cardio and toning workout for swimmers and non-swimmers. Great for those new to exercise, looking for a low-impact workout, or working with limitations! 55 min.

H2O Fit: An explosive cardio workout without the pain and strain on your joints! We work hard and have a blast!

Pigs Fly Yoga: A 45-minute class designed to challenge you without turning you into a pretzel. If you don't wish to do yoga, but know it can benefit you- this is your class. Learn yoga basics through easy-to-follow methods and feel accomplished in a short amount of time!

Silver Sneakers Circuit: offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball.

Hot Flow Yoga: The Power Yoga sequence will help to build strength, increase flexibility, and find focus. This is a challenging Vinyasa series, meaning breath is linked to movement. Appropriate for all levels. Options given in each pose so that you feel challenged, yet successful.

Senior Yoga: A 45-minute class to help you maintain flexibility, help promote healthy joints and help increase range of motion.

Yin Yoga: This quiet, floor-based yin style class emphasizes holding passive poses for 3-5 minutes focusing on the connective tissues of the body. Deep stretches and long holds provide space to relax into stillness and release tension in the mind and body. Blocks and straps are available, but students may bring additional props to enhance their practice such as a blanket/beach towel/pillow. All levels welcome!

Fitness Flow Yoga: This 45 min Vinyasa-based class will help build strength, balance and flexibility. Traditional yoga poses blended with playful transitions, encourage both a strong yoga practice and a happy healthy YOU! Open to all stages of practice.

Bootcamp 101: Don't let the words "bootcamp" scare you away! This circuit style class gives you a combo of cardio, core and strength training. This class is designed for all fitness levels!

Hot Yoga classes are indicated in red. Postures are practiced in a heated room (approx. 85-95 degrees)