






SEPTEMBER FITNESS CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Updated 9/1/10					Sports Stretch Pete 8:30-9:00am	
Completely Core Pete 10:30-11:00 I,II,III	Beginner Mat Pilates Carey 10-10:50 I,II,III	Completely Core Pete 10:30-11:00 I,II,III	Total Body Tune-Up Pete 10:00-10:50am I,II,III	BOSU® Blast Kelly 10:00-11:00 am I, II, III	Outdoor Circuit Training Pete 9:00-9:50am	
Spin To Win Maggy 12:00- 12:50 I,II,III		Spin To Win Maggy 12:00- 12:50 I,II,III		Spin To Win Maggy 12:00- 12:50 I,II,III	Beginner Mat Pilates Carey 10-10:50 I,II,III	
Open Yoga Judith 5:00-6:15 I,II,III	Circuit Training Pete 5:00-6:00p II,III		Open Yoga Anika 5:00-6:15 I,II,III		Open Yoga Anika 5:00-6:15 I,II,III	

-Classes open to all levels (I, II, III) except Circuit Training (II, III) only

Must be 15 years old to attend group classes!

Mind-Body

Open Yoga (75 min) This class is multi-level and beginner-friendly. Each class includes a warm-up and flowing progression of standing, seated and floor poses, ending with guided meditation.

Pilates Mat Class (50 min) Pilates is appropriate for all fitness levels. This class enhances the fundamentals of core strengthening exercises (stomach/back) and stabilization, focusing on long lean muscle development using strength moves & flexibility components.

Sivananda Yoga (60min) Sivananda, another form of Hatha yoga, emphasizes relaxation and yogic breathing. It helps to preserve health and wellness to all those who practice it.!

Sports Stretch- Get your day started with some sports-specific stretches! Active warm-up starts a series of stretches that cover upper and lower areas of the body.

Strength Training

Completely Core (30 min) A great, express class, that focuses on the core area to strengthen and tone your abdominals and lower back!

Shoulder Shape-Up (30 min) This half hour blast of specific exercises is designed to focus on upper back, deltoids and rotator cuff muscles. Strengthening this critical area is the key to injury prevention.

Total Body Tune-Up (50min) You take the time to tune up your car, now it is time to tune up your body! Get a full -body workout using weights, bands, medicine balls, and stability balls to get your engines fired.

Pricing: **50-60 min classes \$10, 30 min classes \$5,**

Please pay for your class in advance at the front desk in the Spa. We ask that you arrive at least 5 minutes prior to the start of class to avoid interruption and to ensure a proper warm-up.

Thank you and enjoy your workout!

Cardiovascular Exercise

BOSU® (Both Sides Up or Both Sides Utilized) (30 min) Challenge your inner athlete with skills and drills to build strength and aerobic fitness. Improves your balance, increases strength and athletic performance while burning fat! What more could you ask for?

Cycle & Sculpt (60 min) This is a great way to get your daily recommended cardio and strength training requirements in 60 minutes! You'll work on your cardiovascular fitness for half the class doing an interval ride followed by strength training that allows you to achieve an optimal fat burn in the process.

Spin to Win(50 min) Enjoy this indoor cycle workout utilizing all the classic jumps, sprints and climbing. Enjoy the motivating sounds of the music and get a great cardio workout in the process!

Circuit Training-(50 min) Train the cardiovascular system and get a strength workout at the same time. A variety of stations are set up, mixing in with cardio intervals to get a fun fast paced workout.