



DROP-IN Fitness Class Schedule

These classes are not intended for participants with acute injuries

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 Core Training Wendy				
9:00 Pilates Mat (Level 1) Jenny	9:00 Sculpt & Abs Jenny	9:00 Pilates Mat (Level 1) Jenny	9:00 Sculpt & Abs Jenny	9:00 Pilates Mat (Level 1-2) Jenny	9:00 Hatha YOGA Andrea
				10:00 Core Training Amy	10:15 Core Training Andrea
	12:00 Fitball/BOSU Lindsay	12:00 Hatha YOGA Barb	12:00 Fitball/BOSU Lindsay	12:00 Hatha YOGA Blake	
5:30 Core Training Amy		5:30 Core Training Amy	5:30 Vinyasa YOGA Andrea		
6:30 Vinyasa YOGA Andrea	6:30 Ski Conditioning Ann \$signup req.\$				

Please note that there is a minimum of two people required for Fitness Classes

CLASS DESCRIPTIONS

Pilates Mat Learn the fundamentals: core strengthening, flexibility, muscle balance, breathing and coordination. This class moves at a slower pace. Modifications and props provided for minor injuries.

Sculpt & Abs Enjoy the variety of exercises this class has to offer: The use of light handweights and body bars gives you the resistance training you need with an added emphasis of abdominal work to finish.

FitBall/BOSU A great blend of two training tools. This cardio/muscle class centers around the dynamic challenges of the Bosu and FitBall. The workout will strengthen and challenge with the added benefit of increasing balance. A fun way to get in shape and stay in shape.

Core Training Come ready to strengthen your entire body with emphasis on the core (trunk musculature-abdominal, back and chest). You will use various props such as the FitBall, Bosu, exerbands, Body Bars, weights and discs. For the beginner to the very advanced athlete.

YOGA The yoga staff has specifically designed these classes for the entry level to intermediate level yoga student. These sessions are user-friendly and easily modified! Our Hatha Yoga is a bit more gentle and modified than our Vinyasa Yoga.