MARCH FITNESS CLASSES

PRE-REGISTER CLASSES // CLASSES RUN MARCH 1 - 31
DROP-IN AVAILABLE: $12/1HR CLASS, $17/1.5HR CLASS - IF SPACE ALLOWS

MON	TUES	WED	THURS	FRI
	SPIN + STRENGTH *Will return in April.* *Enjoy your break!*	**VIN TO YIN YOGA** *with Marcelle* **9AM - 10AM** **$50**	**YOGA FUSION** *with Marcelle* **9AM - 10AM** **$40** *No class March 3rd*	**BARS + BELLS** *Will return in April.* *Enjoy your break!*
	STRENGTH *with Natalie* **10AM - 11AM** **$50**		**STRENGTH** *with Natalie* **10AM - 11AM** **$50**	
VIN TO YIN YOGA *with Jose* **5:15PM - 6:15PM** **$40**	**YIN YOGA** *Will return in April.* *Enjoy your break!*	**B.CLASS®** *with Marielle* **5:30PM - 6:30PM** **$40** *No class March 23rd*		
	STRENGTH *with Natalie* **6PM - 7PM** **$50**		**STRENGTH** *with Natalie* **6PM - 7PM** **$50**	
	SERIOUS SWEAT *with Natalie* **7:15PM - 8PM** **$50**	**BOOTCAMP** *Will return in April.* *Enjoy your break!*	**SERIOUS SWEAT** *with Natalie* **7:15PM - 8PM** **$50**	

CLASS BONUSES

0.1 REGISTER FOR 2+ CLASSES AND GET A FREE 1 MONTH C2 PASS

0.2 C2 MEMBERS SAVE 15% ON CLASS REGISTRATION!

0.3 CHILDMINDING INCLUDED WITH YOUR REGISTRATION

SERIOUS SWEAT // A sweet, get-it-done-for-the-day work out that pushes you to your fitness limits. This is a full-body, demanding and effective class for anyone who wants to build their strength and cardiovascular endurance.

STRENGTH // This slow paced class is ideal for working on perfecting your lifting technique while increasing strength and endurance. Learn to use barbells, kettle bells, dumbbells and other equipment while getting in a full body workout. This class is suitable for all fitness levels.

SPIN + STRENGTH // The diversity of this class makes it perfect for any age, ability or fitness level. Participants control their own level of intensity and will experience a full body workout by jumping off the bike for some strength exercises part way through the class. The awesome music in this class will keep you energized and pumped!

BOOTCAMP // Prepare to get a fun full body workout with a mixture of cardio and resistance training. This class aims to perfect your form , increase your strength and condition your cardiovascular system! Suitable for all fitness levels.

BARS & BELLS // This strength-based class focuses on the use of two classic pieces of equipment - barbells and kettlebells! Learn how to lift properly while getting in shape with a full body workout that will leave you looking forward to Fri-YAY each week!

YIN YOGA // The practice of long held, passive Yin poses, calming the mind and targeting the connective tissues and joints in the body to increase range of motion and improve energy flow. Please bring a yoga mat, blanket, cushion, and a bolster (if you don't have a bolster, bring a towel and bed pillow and our instructor will show you how to make one).

VIN TO YIN YOGA // The first half of the class starts with an energizing flow sequence with standing, balancing, core and seated postures to get the body moving and heated. The second half of the class is slowed down, as we settle into longer holds, quieting the body, mind and spirit. Please bring your own bolsters/pillows for comfort.

B. CLASS® // An inspiring women's 'fitness program' designed to let the heart and soul speak through. It combines athletic movement with powerful music creating connection within. Liberate your soul, ignite your spark and b. We support women of all ages, abilities and backgrounds feel strong and empowered to live their most authentic life. Each class experience you will leave feeling clear, strong and empowered.

YOGA FUSION // Choreographed Pilates + Yoga movements put together into sequences make this low-impact class unique and fun! The result is lengthening and strengthening all muscle groups in the body. No equipment is used and bare feet are preferred.