

2022 September Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
\$12 Drop-in per class				**\$17 drop-
in for Yoga Basic Extra				
Strictly Strength Jen 7:30-8:30am		Strictly Strength Jen 7:30-8:30am		Spin + Strength Jen 7:30-8:30am
Spin + Strength Jen 8:45-9:45am		Strength Flow Yoga Marcelle 9-10am		Strictly Strength Jen 8:45-9:45 am
	Strength Natalie 10-11am		Strength Natalie 10-11am	Yoga Basic Extra Tracy 10-11.30am
	Vin to Yin Yoga Jose 5:15-6pm	B.Class Marielle 5-6pm		
		Bootcamp Jen 6:30 -7:30pm		
	Strength Flow Yoga Marcelle 7-8pm		Belly Dancing (Technique) Amy 7pm-8pm	

STRICTLY STRENGTH A sweet, get-it-done-for-the-day work out that pushes you to your fitness limits body, demanding and effective class for anyone who wants to build their strength.

STRENGTH This slow paced class is ideal for working on perfecting your lifting technique while increasing endurance. Learn to use barbells, kettle bells, dumbbells and other equipment while getting in a 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 experience their own level of intensity and will experience a full body workout by jumping off the bike for some 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 is a twist on our daytime class with an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all fitness levels.

BASIC YOGA EXTRA This class both touch on a variety of traditions of yoga. In these classes the asanas are introduced and held for a few breaths to increase strength, flexibility, and balance. The Basic Yoga Extra includes more pranayamas (breathing exercises) and meditation. For these classes, please bring a yoga blanket. You could also bring a meditation cushion if you have one or we can simply fold the blanket.

YIN YOGA is the practice of long held, passive Yin poses, calming the mind and targeting the connective tissue 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 I 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, balanced, and seated postures to get the body moving and heated. The second half of the class is slowed down, as longer holds, quieting the body, mind and spirit. Please bring your own bolsters/pillows for comfort.

b. class is an inspiring women's 'fitness program' designed to let the heart and soul speak through. It is a powerful athletic movement with powerful music creating connection within. Liberate your soul, ignite your spirit, and support women of all ages, abilities and backgrounds feel strong and empowered to live their most authentic lives. 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 results is lengthening and strengthening all muscle groups in the body. No equipment and bare feet are preferred.

Belly Dancing (technique) A gentle, low impact dance class with a focus on basic belly dance techniques that help improve mobility, posture, strength, balance, and graceful movement, as well as be a fun outlet for self-expression. No previous dance experience necessary. All ages and fitness levels are welcomed and encouraged.

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