FALL FITNESS CLASSES

PRE-REGISTER CLASSES // CLASSES RUN OCT 1st - DEC 17th

DROP-IN AVAILABLE: $12/1HR CLASS, $17/1.5HR Class - If SPACE ALLOWS

No classes October 10th & November 11th

Monday	Tuesday	Wednesday	Thursday	Friday
Spin + Strength with Jen 8:45-9:45am $80 No classes in December	**Spin + Strength** with Jen 8:45-9:45am $90 No classes in December	**Strength Flow Yoga** with Marcelle 9-10am $110		**Strictly Strength** with Jen 8:45-9:45 am $70 No classes in December
Strength in Numbers with Natalie 10:15-11am $100	**Strength** with Natalie 10-11am $110	**Barre** with Stacy 10:30-11:30am $110	**Strength** with Natalie 10-11am $110	**Basic Yoga Extra** with Tracy 10-11:30am $120 No classes Oct 14th & Dec 2nd
	After School Strength (ages 13-17) with Natalie 4-5pm $110			**Strength in Numbers** with Natalie 10:15-11am $100
Barre with Stacy 5:30-6:30pm $100	**b.class** with Marielle 5:30-6:30pm $110		**Basic Yoga** with José 5:15-6pm $110	
Belly Dancing (Technique) with Amy 7pm-8pm $100	**Strength Flow Yoga** Marcelle 7-8pm $110	**Bootcamp** Jen 6:30 -7:30pm $90 No classes in December	**Belly Dancing** (Technique) with Amy 7pm-8pm $110	

CLASS BONUSES	REGISTER FOR 2+ CLASSES AND GET A FREE 1 MONTH C2 PASS!	C2 MEMBERS SAVE 15% ON CLASS REGISTRATION!	CHILDMINDING INCLUDED WITH YOUR REGISTRATION!	CLASS BONUSES

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AFTER SCHOOL STRENGTH // Want to increase your athleticism and take your sport performance to the next level, all the while learning to use the barbells with good form and proper body position? If so, this may be the class for you! Get a good base knowledge of the 3 fundamental lifts: squat, bench press, and deadlift, while learning to lift & strengthen your body functionally. This class is made for students ages 13 - 17.

b. class // is an inspiring, women's fitness program designed to let the heart & 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 to feel strong & empowered to live their most authentic life. After each class experience, you will leave feeling clear, strong, and empowered.

BARRE // Barre is designed to be a full-body, muscle endurance workout, focusing on major muscle groups including the arms, legs, glutes, and core. This class focuses on low-impact, high-intensity movements designed to strengthen your entire body. Movement is all beat based, designed for all fitness levels, and will leave you feeling stronger after every class.

BASIC YOGA // This class will touch on a variety of traditions of yoga. In these classes the āsanas (postures) are introduced and held for a few breaths to increase strength, flexibility, and balance.

BASIC YOGA EXTRA //This class includes a variety of different traditions of yoga where the āsanas (postures) are introduced and held for a few breaths to increase strength, flexibility, and balance. The Basic Yoga Extra class also includes prāṇāyāmas (breathing exercises) and meditation. Please bring a blanket and a meditation cushion (if you have one, or we can simply fold the blanket to create one).

BELLY DANCING (TECHNIQUE) // A gentle, low impact dance class with a focus on basic belly dance technique which can help improve mobility, posture, strength, balance, and graceful movement, as well as be a fun outlet for creative expression. No previous dance experience necessary. All ages and fitness levels are welcomed and encouraged!

BOOTCAMP // Prepare to get a fun, full-body workout with a mixture of cardio and resistance training. This is an evening 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.

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 of the bike for some strength exercises partway through the class. The awesome music in this class will keep you energized and pumped!

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

STRENGTH FLOW YOGA // An energizing flow class with core strengthening movements, standing, balancing, and seated postures. This class will incorporate foundational movements to build strength & confidence to play around with inversions & arm balances, with a focus on strength, stamina, stability, and flexibility. Be prepared to sweat!

STRENGTH IN NUMBERS // Improve your quality of life by becoming stronger! This is a fun and easy-to-follow class that focuses on flexibility, posture, balance, strength, and endurance, plus Strength in Numbers is perfect for safely increasing the range of motion in joints.

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