



# WINTER FITNESS CLASSES

PRE-REGISTER CLASSES // CLASSES RUN JAN 9th - MARCH 31st

Registration Closes JANUARY 20TH

No classes February 20th

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spin + Strength</b> with Jen 8:45-9:45 am \$120		<b>Strength Flow Yoga</b> with Marcelle 9-10am \$120		<b>Strictly Strength</b> with Jen 8:45-9:45 am \$120
	<b>Strength</b> with Natalie 10-11am \$120		<b>Strength</b> with Natalie 10-11am \$120	<b>Basic Yoga Extra</b> with Tracy 10-11:30am \$135 <small>No classes February 17th &amp; 24th and March 10th</small>
	<b>b.class</b> with Marielle 5:30-6:30pm \$120	<b>Bootcamp</b> Jen 6-7pm \$120	<b>Basic Yoga</b> with José 5:15-6:15pm \$120	
	<b>Strength Flow Yoga</b> Marcelle 7-8pm \$120	<b>Belly Dancing</b> with Amy 7:15pm-8:15pm \$120	<b>Belly Dancing</b> with Amy 7pm-8pm \$120	

**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**



# WINTER FITNESS CLASSES

**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.

**BASIC YOGA** // This class will touch on a variety of traditions of yoga. In these classes the āsanās (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 āsanās (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** // 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 welcome 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!

**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.