



WINTER FITNESS CLASSES

CLASSES RUN JAN 9th - MARCH 31st

DROP-IN AVAILABLE: \$12 / 1HR CLASS, \$17 / 1.5HR Class

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spin + Strength with Jen 8:45-9:45 am No class February 20th</p>		<p>Strength Flow Yoga with Marcelle 9-10am</p>		<p>Strictly Strength with Jen 8:45-9:45 am</p>
	<p>Strength with Natalie 10-11am</p>			<p>Basic Yoga Extra with Tracy 10-11:30am No classes February 17th & 24th and March 10th</p>
		<p>Bootcamp with Jen 6-7pm</p>	<p>Basic Yoga with José 5:15-6:15pm</p>	



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Class Descriptions

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).

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.