



Calendar - Tates Creek Rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Cycle 45			TRX			
8:30						Cycle 45	
9:00		TRX			Tabata		
9:15	Countdown		RIPD 360	Countdown		RIPD 360	
10:00						TRX	
10:15			Core Yoga				
10:30						Barre Sculpt 360	
10:45							
11:30	Silver Sneakers	Silver Sneakers		Silver Sneakers			
12:30				Able and Fit			
3:00							
4:00							Core Yoga
5:30	Mat Pilates 60		RIPD 360				
6:00		TRX					
6:30		Cycle 45					
7:00							

Description

Kettlebells	Total body workout! This Kettlebell workout will get your heart rate up and challenge your body by combining both functional and compound exercises. If you have experience with Kettlebells or not, this class is welcoming and challenging.
Tabata	A challenging cross training class using seven 4 minute blocks that alternate 20 seconds of work and 10 seconds recovery. High intensity intervals of cardio and strength training.
Core Yoga	It begins with core strength. You will learn how to engage your core muscles to practice a flowing yoga class that is adaptable to all fitness levels. Balance, strength, stamina, rest, relaxation.
Cycle 45	You are on a stationary bike that will take you on a journey through flat roads, hill climbs, sprints, etc. Incredible music and a fun challenging atmosphere. All fitness levels.
TRX	Invented by a Navy SEAL, TRX suspension training leverages gravity and body weight for a total body workout that helps develop strength, balance, flexibility and core stability simultaneously.
Barre Sculpt 360	Ballet inspired. Posture improving. High repetitions of body weight exercises consisting of mainly lower body but also focusing on core throughout and an upper body segment. All fitness levels welcome
Fusion	A fusion of cycling, rowing and strength training in one class! High Calories burner. All fitness levels welcome
RIPD 360	Muscle work. Strengthening, conditioning, sculpting and defining. Keep your muscles always guessing in this total body workout. Every class has a different spin!
Countdown	It's as easy as 4, 3, 2,... all in 1 hour. Old school style and back to the basics. 4 minutes of cardio, 3 minutes of lower body work, 2 minutes of upper body work. 5x then core conditioning and cool-down. 60 mins. All fitness levels
Mat Pilates 60	A system of controlled exercises that engage the mind, core and conditions the total body. Modifications will be demonstrated.
Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and cardio vascular endurance. A variety of equipment will be used including a chair.
Able and Fit	A fun, welcoming, action packed fitness class that promotes optimal health and well-being to individuals with Special Needs. A variety of equipment will be used and modifications will be demonstrated for exercises.