



Calendar - West Main

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45			Cycle 45				
9:30						Tabata+	
11:45				Mat Pilates 60			
12:00	Barre Sculpt 360	Psycho Circuits	Barre Sculpt 360	Physcho Circuits			
		Core Yoga			Yoga Recovery		
4:30							
4:45							
5:30		Hot Power Yoga	Tabata	Hot Pilates Mix			
6:00							

Description

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.
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
Hot Power Yoga	Combines aspects of two popular modern types of yoga.- Hot Yoga and Pwer Yoga. Practiced in a heated room, to loosen muscles and encourage sweating detoxification. Water bottle and towel is a must!
Hot Pilates Mix	A challenging class that consists of basic pilates principles, strength conditioning and cardio to give you an action-packed, quick-paced workout all in a heated room. Water bottle and towel is a must!
Psycho Circuits	Tactical conditioning designed to ptimize high intensity interval training. Using a variety of space and equipment, this class is a high calorie burner and challenging.
Mat Pilates 60	A system of controlled exercises that engage the mind, core and conditions the total body. Modifications will be demonstrated.