



## Calendar - Tates Creek Rd

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

### 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	This class focuses on strength, mobility and flexibility. A brisk pace will help you feel energized and a brief meditation at the beginning and end of every practice will help you feel centered. All levels welcome, modifications offered.
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 core 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 through, followed by core conditioning. 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.
Pumped Up Strength	A muscular endurance program that focuses on functional movement patterns. This class will dynamically challenge all muscle groups in a fast-moving progressive approach.
Barre Above	A totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics and elements of strengthening exercises used by dancers. Over time, you can expect to see improvements in your posture, flexibility, balance and overall body strength and awareness.