



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	Psycho Circuits			
		Core Yoga			Yoga Recovery		
		Proof Boxing		Proof Boxing			
5:30	Hot Pilates Mix		Tabata	Barre Sculpt 360 (5:45)			
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	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.
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 Power Yoga. Practiced in a heated room, to loosen muscles and encourage sweating detoxification. Water bottle and towel are 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 are a must!
Psycho Circuits	Tactical conditioning designed to optimize 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.
Proof Boxing	A 45 minute high intensity workout based on the training used for boxing. Classic boxing drills including footwork and core exercises. Gloves and handwraps will be used.