



Calendar - West Main

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|------------------|-----------------|------------------|-------------------------|---------------|----------|--------|
| 5:45 | | | Cycle 45 | | | | |
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| 9:30 | | | | | | Tabata+ | |
| | | | | | | | |
| 11:45 | | | | Mat Pilates 60 | | | |
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| 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 | | | | | | | |
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Description

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| 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. |