



* Sign up for classes on the Mind Body App

Group Exercise Class Schedule

February 2018

Fitness Club Hours of Operation: Monday through Sunday 5:00 a.m. - 9:00 p.m.
916-358-7033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 5:30-6:30AM		SPIN 5:30-6:30AM Kris	STRETCH 7:00-8:00AM Pepper Von	SPIN 5:30-6:30AM Kris	
KICKBOX FUSION 8:15 AM Jen S.	ZUMBA 8:15AM Chandra	MAT PILATES 8:15AM Dawn	POWER HOUR VINYASA YOGA 8:15 - 9:15AM Mike	SPIN 8:15AM (45 min) Debbie	
LES MILLS™ BODY PUMP 9:30AM Deborah/Jen	YOGALATES 9:30AM Dawn	LES MILLS™ BODY PUMP 9:30AM Deborah/Jen	SPIN 9:30AM (45 MIN) Debbie	TIGHT N'TONE 9:30AM Jen S.	FAMILY YOGA 9:30AM Mike/Jessica
ZUMBA GOLD 11:00AM Chandra	CALORIE KILLER 10:45AM Deborah				
Stretch 12:00pm Pepper Von		STRETCH 12:00PM Pepper Von			
YIN YOGA 6:30-7:45PM Mike		YIN YOGA 6:30 - 7:45PM Mike			

Group Exercise Class Descriptions

YOGA (Family)

(Mike Hamelton) A combination of Power Vinyasa and Yin (long stretches) Yoga that creates a dynamic class. Each Session will expand an emotional and physical boundary that creates the possibility of growth. No two classes are the same.

SPIN

All fitness levels welcome. This class will simulate outdoor riding techniques with rolling hills, mountain peaks, time trials, intervals, recoveries, and sprints. Experience the best cycling class workout you've ever had while burning 400-600 calories. Arrive early for a personalized bike fit and instruction. Heart rate monitor and water bottle highly recommended.

BODY PUMP

A one hour weight lifting workout set to music! This class will challenge all your major muscle groups and get you stronger. Average calorie burn is 500-600 per class.

CALORIE KILLER

A great workout using free weights, bands and body weight exercises incorporating Cardio. This class will hit every muscle in your body.

POWER VINYASA YOGA

This is a dynamic, both physically & spiritually, energizing form of yoga that sculpts every muscle in the body. The vigorous combination of poses helps to build stamina, strength, balance & flexibility. The flow includes synchronizes breath with movement and includes holding poses. This higher intensity class will combine dynamic flows with longer holds and core conditioning. Modifications provided for all levels.

ZUMBA GOLD

This class is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh and most of all exhilarating! Zumba Gold provides modified, low-impact moves for active older adults.

KICKBOX FUSION

This is a non-contact class for everyone. Conducting kickboxing drills which incorporates drills, bands & tabatas, at your own pace. No experience needed.

YIN YOGA

Yin Yoga is a series of poses taken in seated or prone position, joining the breath and mind's awareness to the sensations of the body. We stay in poses 2 to 5 minutes to allow the connective tissue to stretch the muscles to lengthen, the joints open up, and the mind to clear from the clutter of our busy lives. It's a physically healing practice. Good for the circulation, flexibility, restoring muscle tone, and calming the mind. All poses are easily modified for all levels of practice.

MAT PILATES

Pilates will create greater strength, balance and flexibility and improve posture utilizing body weight as well as incorporating bands, light weights and balls for building a strong core.

YOGALATES

A Fitness routine that fuses pilates exercises with the postures and breathing techniques of yoga.

STRETCH

Stretch is a highly effective, gentle and user friendly stretch class that can help us meet this demand for superior mobility.

TIGHT N' TONE

Tight and tone is a high Intensity workout using free weights, bands and body weight. This class will hit every muscle in your body.

Classes are designed for all Fitness Levels