



* Sign up for classes on the Mind Body App
7 days prior to class

Group Exercise Class Schedule

March 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 5:30-6:30AM Don		SPIN 5:30-6:30AM Kris		SPIN 5:30-6:30AM Aaron		
BARRE 8:15-9:15AM Kim	ZUMBA 8:15-9:15AM Chandra	BARRE 8:15-9:15AM Rebecca	ZUMBA 8:15-9:15AM Heather	BARRE 8:15-9:15AM Rebecca		
LES MILLS™ BODY PUMP 9:30-10:30AM Jen	KICKBOX FUSION 9:30-10:30AM Rebecca	LES MILLS™ BODY PUMP 9:30-10:30AM Brittany	SPIN 9:30-10:15AM (45 MIN) Aaron	BARRE 9:30-10:30AM Rebecca	FAMILY YOGA 9:30-10:30AM Mike/Jessica	BARRE 10:15-11:15AM Michelle
ZUMBA GOLD 11:00-12:00PM Chandra	BARRE 10:45-11:45AM Heather		TIGHT N'TONE 10:30-11:30AM Jen			
STRETCH 12:00-1:00PM Pepper Von	SENIOR FITNESS (weight room) 1:00-2:00PM Dawn	STRETCH 12:00-1:00PM Pepper Von	SENIOR FITNESS (weight room) 1:00-2:00PM Dawn			
YIN YOGA 6:30-7:45PM Mike		YIN YOGA 6:30-7:45PM Mike				



Group Exercise Class Descriptions

YOGA (Family)

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.

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 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.

BARRE

Barre is a full-body conditioning class combining elements of Pilates, Yoga, Ballet-inspired movements with functional training. Barre focuses on posture and body alignment while building strength, improving balance, increases flexibility and calorie burn. Modifications and progressions for all levels.

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 workout using free weights, bands and body weight. This class will hit every muscle in your body.

ZUMBA

This class is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

SENIOR FITNESS

Build strength, balance and safely perform exercises utilizing the machines and equipment in the weight room. Learn way's to progress and modify each exercise in a fun and safe environment.

Classes are designed for all Fitness Levels