

July 2020 SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
	11:30 am Pure Strength 6:00 pm Yoga	11:00 am- Vinyasa Flow Yoga	1 9:00 am Yoga 10:30 am- Sit & Train	2 10:00 am Yoga	3 3:00 pm- Sit & Train	4
5	6 11:30 am Pure Strength 6:00 pm Yoga	7 11:00 am- Vinyasa Flow Yoga	8 9:00 am Yoga 10:30 am- Sit & Train	9 10:00 am Yoga	10 3:00 pm- Sit & Train	11
12	13 11:30 am- Pure Strength 6:00 pm Yoga	14 11:00 am- Vinyasa Flow Yoga	15 9:00 am Yoga 10:30 am- Sit & Train	16 10:00 am Yoga	17 3:00 pm- Sit & Train 4:15 pm-Fitness 101	18
19	20 11:30 am- Pure Strength 6:00 pm Yoga	21 11:00 am- Vinyasa Flow Yoga	22 9:00 am Yoga 10:30 am- Sit & Train	23 10:00 am Yoga	24 3:00 pm- Sit & Train	25
26	27 11:30 am- Pure Strength 6:00 pm Yoga	28 11:00 am- Vinyasa Flow Yoga	29 9:00 am Yoga 10:30 am- Sit & Train	30 10:00 am Yoga	31	

Yoga

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers.

Sit & Train

A full body workout while seated in a chair. The class utilizes free weights, resistance bands, range of motion bars and body weight exercises. All exercises are meant to increase overall strength, range of motion, flexibility, and core strength. Standing balance exercises may also be performed in this class for various levels. Perfect for all ages and fitness levels.

Only 12 available spots for this class!

Pure Strength

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Speed up your metabolism and the more muscle, the more calories burned working out and at rest. Enjoy this 60 min workout while using free weights, body weight, and resistance bands.

Only 10 available spots for this class!

Fitness 101

During Fitness 101, Dan Furnare, our resident personal trainer, will discuss equipment and free weight use, body weight exercises, and training options. This class is approximately 45 minutes. Ask your Lifestyle Team for more information.

Only 10 available spots for this class!

Vinyasa Flow Yoga

During this yoga practice, you will synchronize breath with movement while building strength & flexibility. This class will leave you with a feeling of peace and relaxation. Appropriate for all levels.

**Class schedule subject to change. All RSVPs and cancellations must be made outside of 24 hours before class start time. Class will be cancelled if we have fewer than 3 signups. All fitness class attendees are required to check in at the front desk prior to class start*