

Group Fitness Schedule 23rd – 29th December

Holiday Schedule

MON 23	TUES 24	WED 25- CLOSED	THUR 26	FRI 27	SAT 28	SUN 29
Morning – Open to 12:00pm						
Y Synrgy 9:00-9:45am Synrgy room	Y Gentle Strength 8:00-9:00am Gym		Y Line Dancing Beg/Int 8:00-9:00am FS	Group Power 8:00-9:00am FS	Y step/strength 8:15-9:15am FS	Y Hatha Yoga 8:15-9:15am FS
Y Yoga/core 10:45 -11:45am FS	Y Power Yoga 8:00-9:00am FS				Y Stretch 9:30-10:30am FS	Y Strength 9:30-10:15am FS
	Y Line Dancing Beg/Int 10:00-11:00am FS				Y Synrgy 10:00-10:45am Synrgy room	Y Synrgy 9:30-10:15am Synrgy room
					Y Cardio dance 10:30-11:45am MPR	Y Sweat 10:30-11:30am FS
					Y Hatha Yoga 10:45-11:45am FS	Y Synrgy 10:30-11:15am Synrgy room
					Y Synrgy 10:45-11:30am Synrgy room	Y Pilates 11:45-12:45pm FS
Afternoon – 12:00pm to 4:00pm						
Y Line Dancing – Beg/Int 12:45-2:15pm FS				Y Line Dancing – Beg/Int 1:30-3:00pm FS	Y Capoira 12:00-1:00pm FS	Bellydance 1:00-2:15pm FS
					Y Yin Yoga 2:00pm-3:00pm FS	
					Y intermediate Boxing 3:30-4:30pm Synrgy room	
Evening – 4:00pm to Close						
				Y Strength 4:30-5:30pm FS		
				Y Synrgy 5:30-6:15pm Synrgy room		

Class	Description
Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Y Synrgy	Combining traditional strength exercises with functional training moves to make you fitter and stronger, circuit style. This is for anyone who loves high-intensity classes.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture and relaxation exercises.
Y Yoga/core	A combination of traditional yoga and core exercises
Y Power Yoga	This style combines the athletics of Ashtanga with the flow of Vinyasa. Power yoga practice can include almost any yoga pose, put together in sequences designed to build strength and endurance
Y Yin Yoga	Yin Yoga is slow-paced style of yoga incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time than in other yoga styles. Advanced practitioners may stay in one asana for five minutes or more.
Y Line dance	Line dancing teaches you to actually move your body, improve your coordination and balance. This class is ideal for an intermediate level student
Y Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body
Y Stretch	All about setting aside time to stretch muscles, improve posture and proper body alignment
Y Step and Strength	Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
Y Cardio Dance	Choreographed dance routines to get your heart rate up!
Y Bellydance	Catered to people who want to explore another form of movement while exploring Middle Eastern music, dance, and culture. An all-level class open to everyone.
Y Capoeira	Capoeira is a Brazilian art form that combines elements of martial arts, dance, acrobatics, music and spirituality. Capoeira is known for its acrobatic and complex maneuvers, often involving hands on the ground and inverted kicks. It emphasizes flowing movements rather than fixed stances. This is a beginner adult class.
Group Power	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
Y Intermediate Boxing	For those who have been taking Y Boxing on Saturdays at 3:30 for at least 3 months consistently and are ready for more technical work.
Y Sweat	Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.