



CLASS SCHEDULE WINTER 2022-2023

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

TOTAL BODY - WITH BARBRA

9:30a-10:30a

T'AI CHI - WITH BARBRA

10:45a-11:45a

LUNCH CRUNCH - WITH BARBRA

12:00p-12:30p

TRX - WITH BARBRA

12:30p-1:00p

OPEN TRAINING - WITH BARBRA

1:30p-5:00p

PILATES - WITH BARBRA

5:00p-5:45p

TRX/BOOTCAMP - WITH VAL

5:15a-6:00a

TRX/BOOTCAMP - WITH VAL

6:15a-7:00a

ADAPTIVE STRENGTH LEVEL 1 - W/BARBRA

9:30a-10:00a

ADAPTIVE STRENGTH LEVEL 1 - W/BARBRA

10:00a-10:30a

MAT PILATES - WITH BARBRA

12:00p-12:45p

OPEN TRAINING - WITH BARBRA

1:30p-5:30p

BOOT CAMP - WITH BARBRA

5:30p-6:15p

TOTAL BODY - WITH BARBRA

9:30a-10:30a

BEGINNER PILATES & THE BIG STRETCH W/BARBRA

10:45a-11:45a

LUNCH CRUNCH - WITH BARBRA

12:00p-12:30p

TRX - WITH BARBRA

12:30p-1:00p

OPEN TRAINING - WITH BARBRA

1:00p-3:00p

CLASS DESCRIPTIONS:

TOTAL BODY: AN HOUR LONG CLASS WORKING ON THE MAJOR MUSCLES USING ANY AND ALL EQUIPMENT AVAILABLE, INCLUDING WEIGHTS, BANDS, BALLS, TRX, & BODY WEIGHT.

T'AI CHI: LEARN THE YANG STYLE 24 SHORT FORM AND BENEFIT FROM ITS PRACTICE. T'AI CHI IS HIGHLY RECOMMENDED FOR ANYONE WISHING TO IMPROVE BALANCE.

LUNCH CRUNCH: A HALF HOUR OF CORE WORK TO IMPROVE YOUR POSTURE, INCREASE YOUR POWER, STRENGTHEN YOUR CORE AND INVIGORATE YOUR DAY.

TRX: A HALF HOUR OF CHALLENGING FUN ON OUR TRX SUSPENSION TRAINERS.

TRX/BOOTCAMP WITH VAL: THIS FUNCTIONAL TRAINING CLASS IS A TOTAL BODY WORKOUT THAT USES YOUR BODY WEIGHT, KETTLEBELLS, DUMBBELLS, RESISTANT BANDS AND MUCH MORE TO ALLOW YOU TO MOVE THROUGH A VARIETY OF STRENGTH AND CARDIO STATIONS.

ADAPTIVE STRENGTH – LEVEL 1: THIS CLASS WILL BE A PRIMARILY SEATED CLASS. THOSE WHO HAVE BEEN OUT OF FITNESS FOR A LONG TIME, HAVE NEVER TRIED AN EXERCISE CLASS, ARE REHABBING FROM AN INJURY, OR LACKING STRENGTH AND MOBILITY, WILL FIND THIS CLASS JUST RIGHT FOR THEM.

ADAPTIVE STRENGTH – LEVEL 2: THIS CLASS WILL BE MORE CHALLENGING THAN THE LEVEL 1 CLASS AND WILL INCLUDE STANDING EXERCISES. THIS IS STILL A BEGINNER LEVEL CLASS GEARED TOWARD THOSE WHO HAVE NOT EXERCISED IN A WHILE OR STILL REQUIRE ADAPTATIONS TO THEIR EXERCISES.

PILATES: 45 MINUTES OF SPECIALIZED EXERCISES TO CONNECT ALL YOUR HARD-WORKING MUSCLES TO YOUR CORE. BE STRONGER AND MORE CONNECTED THAN EVER.

BOOT CAMP: 45 MINUTES OF INDIVIDUAL AND PARTNER EXERCISES FROM VARIOUS TYPES OF TRAINING, INCLUDING CALISTHENICS, STRENGTH, INTERVAL AND CORE TRAINING. PUSH YOURSELF HARDER IN A SAFE AND EFFECTIVE WAY.

BEGINNER PILATES AND THE BIG STRETCH: RELEASE THE STRESS AND GET IN TOUCH WITH YOUR CORE. PILATES AT IT'S MOST BASIC, AND IN SMALL DOSES IS INTERJECTED INTO THIS STRETCHING CLASS.