

Tates Creek



<b>Monday</b>			<b>Thursday</b>		
	9:15 AM	RIPD 360		5:30 AM	PiYo
	11:30 AM	Silver Sneakers		9:15 AM	RIPD 360
	6:30 PM	Dance Fit		11:30 AM	Silver Sneakers
<b>Tuesday</b>	9:00 AM	TRX		12:30 PM	Able & Fit
	9:15 AM	Tabata		6:30 PM	Cycle 45
	11:30 AM	Silver Sneakers	<b>Friday</b>		
	5:45 PM	Barre Sculpt 360		9:15 AM	Tabata
	5:45 PM	TRX			
	6:30 PM	Cycle 45	<b>Saturday</b>		
<b>Wednesday</b>				8:30 AM	Cycle 45
	9:15 AM	Countdown		9:15 AM	RIPD 360
	10:15 AM	Core Yoga		10:00 AM	TRX
	5:45 PM	Pumped Up Strength		10:30 AM	Barre Sculpt 360
			<b>Sunday</b>		

West Main



<b>Monday</b>			<b>Thursday</b>		
	12:00 PM	Barre Sculpt 360		11:45 AM	Mat Pilates 60
	5:30 PM	Hot Pilates Mix		5:30 PM	Barre Sculpt 360
<b>Tuesday</b>			<b>Friday</b>		
	12:00 PM	Core Yoga		12:00 PM	Yoga Recovery
	5:30 PM	Barre Above	<b>Saturday</b>		
<b>Wednesday</b>				9:30 AM	Tabata +
	5:45 AM	Cycle 45			
	12:00 PM	Barre Sculpt 360			
	5:30 PM	Hot Pilates Mix			
	5:30 PM	Tabata			

## Class Descriptions:

Able and Fit	A fun, welcoming, action packed fitness class that promotes optimal health and well-being to individuals with Special Needs. A variety of equipment will be used and modifications will be demonstrated for exercises.
Barre Above	A totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics and elements of strengthening exercises used by dancers. Over time, you can expect to see improvements in your posture, flexibility, balance and overall body strength and awareness.
Barre Sculpt 360	Ballet inspired. Posture improving. High repetitions of body weight exercises consisting of mainly lower body but also focusing on core throughout and an upper body segment. All fitness levels welcome
Core Yoga	This class focuses on strength, mobility and flexibility. A brisk pace will help you feel energized and a brief meditation at the beginning and end of every practice will help you feel centered. All levels welcome, modifications offered.
Countdown	It's as easy as 4, 3, 2,... all in 45 mins! This class takes you back to basics with 4 mins of cardio, 3 mins of lower body work and 2 mins of upper body strengthening. Time flies and overall fitness increases in this true interval class, followed by core work.
Cycle 45	You are on a stationary bike that will take you on a journey through flat roads, hill climbs, sprints, etc. Incredible music and a fun challenging atmosphere. All fitness levels.
Dance Fit	This 45 min class alternates between dance and strength training. It is fun, easy to learn, effective, and the perfect full body workout! All fitness levels welcome.
Mat Pilates 60	A system of controlled exercises that engage the mind, core and conditions the total body. Modifications will be demonstrated.
Hot Pilates Mix	A challenging class that consists of basic Pilates principles, strength conditioning and cardio to give you an action-packed, quick-paced workout all in a heated room. Water bottle and towel are a must!
Pumped Up Strength	A muscular endurance program that focuses on functional movement patterns. This class will dynamically challenge all muscle groups in a fast-moving progressive approach.
PIYO	Yoga rebels wanted! If you want to get strong but don't want to sit still, this rhythmic, dynamic, total-body workout is for you! With a constant flow of moves set to upbeat and empowering music, you'll burn some serious calories while you build stability, strength and flexibility.
RIPD 360	Muscle work. Strengthening, conditioning, sculpting and defining. Keep your muscles always guessing in this total body workout. Every class has a different spin!
Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and cardio vascular endurance. A variety of equipment will be used including a chair.
Tabata	A challenging cross training class using seven 4 min blocks that alternate 20 seconds of work and 10 seconds recovery. High intensity intervals of cardio and strength training.
TRX	Invented by a Navy SEAL, TRX suspension training leverages gravity and body weight for a total body workout that helps develop strength, balance, flexibility and core stability simultaneously.