



# Fitness – Wellness Classes

(Effective: January 1st, 2010)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30 a.m.			Muscle Basics <i>Lauri</i>		Muscle Basics <i>Lauri</i>		
9:00 -10:00 a.m.	Yoga Flow <i>Stacey</i>		Healthy Start <i>Andrea</i>		Restorative Yoga <i>Stacey</i>		Outdoor Boot Camp <i>Lauri</i>
10:00 -11:00 a.m.							
11:00 -12:00 p.m.					Healthy Start <i>Tricia</i>		
12:00 -1:00 p.m.	Healthy Start <i>Andrea</i>						
4:30 - 5:30 p.m.							
5:00 - 6:00 p.m.		Yoga for Golfers <i>Stacey</i>					

**ACTIVITY FEES:**

\$15.00 per class, 10 classes for \$100.00, 25 classes for \$200.00

**CLASS DESCRIPTIONS:**

**Healthy Start:** A class incorporating cardio with strength training, core work and stretching. It is appropriate for all ages and levels of fitness as modifications will be offered to increase/ decrease the challenge. This format consists of a warm-up, easy to follow low impact aerobics, light weights, resistance bands, Pilates based core work and stretching.

**Muscle Basics:** A class designed to tone and strengthen all major muscle groups of the body.

**Outdoor Boot Camp:** (All levels) Using the outdoors as a playground, push your body to the limit by going from one drill to another with no rest. Work, Sweat and best of all, burn calories like crazy! (Class meets in the studio. Class held in studio when inclement weather.)

**Restorative Yoga:** Restore what you have lost over time! Focuses on breath while using traditional yoga asanas to help prevent and heal injuries, ailments, and body imbalances.

**Yoga Flow:** A flowing, heat-building class that combines breath work, strength, balance, and flexibility in the postures practiced. (Prior Yoga Experience is Recommended.)

**Yoga For Golfers:** A yoga practice designed to address the needs of golfers; strength-based poses for the core body; (including the abs, obliques, erector spinae, upper back and chest) and flexibility - based poses to open the hips and lower back.