



JANUARY 2018 FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	FLOOR FUSION (Marisa)	SPIN (Karin)	CIRCUIT (Marisa)	SPIN (Karin)	CIRCUIT (Marisa)	
8:00 AM						SPIN (Marisa)
8:15 AM	SPIN (Abby)		SPIN (Abby)			
9:00 AM	YOGA (Tami)		YOGA (Tami)		YOGA (Tami)	STRETCH 101 (Lisa)
9:15 AM						SPIN 45 MIN (Marisa) AERIAL YOGA* 60 MIN (Carolyn) Nicklaus Fitness Center
9:30 AM		BARRE FUSION (Marisa)		BARRE FUSION (Abby)		PILATES (Lisa)
10:00 AM						
10:30 AM		POP UP CLASS WERQ! (JAN. 23 RD)	FLOOR FUSION (Marisa)	WERQ (Kimberly/Kirsten)		
11:00 AM				TRX* 60 MIN (Caydeon) Nicklaus Fitness Center		
12:00 PM						
5:00 PM	GENTLE YOGA (Tami)		GENTLE YOGA (Sue)			

* Classes are held at the Nicklaus Fitness Center and are for Full Members and their guests.



JANUARY 2018 FITNESS CLASS SCHEDULE

FLOOR FUSION—Monday 7:00 am & Wednesday 10:30 am

60 minutes

Mix of cardio, weights, pilates, yoga, mobility and flexibility work. This class is held in the fitness studio. Geared towards men and women. No experience needed.

CIRCUIT — Wednesday/Friday 7:00 am

60 minutes

Mix of anything and everything that includes weights, cardio and core. This class meets in the fitness studio and then transitions to weight room, cardio room and outside (weather permits). Geared towards men and women. No experience needed.

STRETCH 101 — Saturday 9:00 - 9:25 am

25 minutes

Basic morning stretching and foam rolling that is geared towards flexibility, recovery and balance for the body. Geared towards men and women. No flexibility needed.

SPIN — Monday/Wednesday 8:15 am

Tuesday / Thursday 7:00 am

Saturday 8:00 am

60 minutes

Schwinn indoor cycle bikes that give you feedback such as: RPM's, watts, mileage and split mileage. Cages or clips available on each bike. Come and ride regardless of experience, every level will experience a thorough cardio session. Please arrive 15 minutes early so your instructor can help you get set up on your bike correctly.

VINYASA YOGA — Monday/Wednesday/Friday 9:00 am

60 minutes

Vinyasa flow is the linking of breath and movement with postures. All levels, a system of exercises for mental health, well-being and physical health. The yoga philosophy teaches a person to experience inner peace by controlling the body and mind. Geared towards men and women. Please arrive 15 minutes early, specifically if it is your first time experiencing a yoga class.

RESTORATIVE YOGA —Monday/Wednesday 5:00 pm

60 minutes

Restorative yoga is a relaxing style of yoga that is intended to be healing and nurturing for the body. Geared towards men and women.

PILATES — Saturday 9:30 am

60 minutes

Mat pilates total body workout focusing on core to strengthen your body from the inside out. Mobility and balance training that will improve joint health and postural alignment. Geared towards men and women. Please arrive 15 minutes early, specifically if it is your first time experiencing a pilates class.

BARRE FUSION — Tuesday/Thursday 9:30 am

60 minutes

A dynamic fusion of Pilates, ballet fundamentals and fitness. This class is the ultimate anti-gravity workout that tones, tightens and lifts anything and everything on your bod. Warning: sweat, deep muscle burn and results happen in this hour of power. Geared towards women but men will highly benefit from as well (don't be afraid to try something new). No experience needed.

WERQ CARDIO DANCE WORKOUT — Thursday 10:30 am 60 minutes

Join your fellow members for a wildly addictive cardio dance class, WERQ! WERQ (pronounced "work") is the fiercely fun dance fitness class based on pop, rock, and hip hop music and fresh routine.

Wear workout clothes and gym shoes. Expect to sweat and burn 500-900 calories each hour of WERQ. All dance and fitness abilities welcome.

To learn more about WERQ, visit www.WERQfitness.com!

POP UP FITNESS - WERQ — Tuesday, January 23 10:35am

60 Mins

Get an extra WERQ Class in 'this week and have TWICE the fun!

TRX— Thursdays, 11:00 am

60 minutes (held at the Nicklaus Fitness Center)

Suspension training uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. TRX training has been adopted and utilized by top athletes to improve total-body strength. Get in shape with TRX training!

AERIAL YOGA — Saturdays, 9:15 am

60 minutes (held at the Nicklaus Fitness Center)

With the popular inversion sling, you'll find a new, exhilarating way to experience yoga as you learn to flow midair. Achieve greater flexibility, upper body balance, and core strength.