



# OCTOBER 2018 FITNESS CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		<b>CIRCUIT</b> (Svetlana)	<b>SPIN</b> (Karin)	<b>CIRCUIT / FLOOR FUISON</b> (Marisa)	<b>SPIN</b> (Karin)	<b>CIRCUIT</b> (Marisa)	
8:00 AM							<b>SPIN</b> (Marisa)
8:15 AM		<b>SPIN</b> (Abby)		<b>SPIN</b> (Kathryn)		<b>SPIN</b> (Kathryn)	
9:00 AM	<b>FLOW YOGA*</b> 60 MIN (Wendy) Nicklaus Fitness Center	<b>VINYASA YOGA</b> (Tami)		<b>VINYASA YOGA</b> (Tami)		<b>VINYASA YOGA</b> (Tami)	<b>STRETCH 101</b> (Lisa)
9:15 AM							<b>SPIN</b> 45 MIN (Marisa)  <b>AERIAL YOGA*</b> 60 MIN (Carolyn) Nicklaus Fitness Center
9:30 AM			<b>BARRE FUSION</b> (Marisa)		<b>BARRE FUSION</b> (Kathryn)		<b>PILATES</b> (Lisa)
10:00 AM							
10:30 AM				<b>PILATES</b> (Marisa)	<b>WERQ</b> (Kirsten)		
12:00 PM							
3:00 PM							
5:00 PM		<b>RESTORATIVE YOGA</b> (Tami)		<b>RESTORATIVE YOGA</b> (Sally)  <b>POP UP FITNESS SINGING BOWL YOGA</b> (OCT. 24 <sup>th</sup> )			

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



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## **FLOOR FUSION**—Wednesday 7:00 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** — Monday / 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 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/Friday 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 / Wednesday 10:30 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](http://www.WERQfitness.com)!

## **POP UP FITNESS - SINGING BOWL YOGA**

Wednesday, October 24<sup>th</sup> | 5:00 pm | The Ranch Clubhouse  
Bay Area instructor and Utah native Melody offers a unique yoga and meditation experience by weaving together yoga, breath work, guided meditation and sound healing.

## **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.

## **FLOW YOGA**— Sundays 9:00 am

60 Minutes | Held At The Niclaus Finess Center

Students will focus on linking conscious breath with Vinyasa style poses. Bring your body back into balance and rejuvenate your soul in this Sunday morning class. Improve your body's flexibility, balance and posture while stretching and breathing.