



DROP-IN FITNESS CLASS SCHEDULE

NOTES:
HAPPY HOUR IN ROOM 236
HIGH FIT/LOW IN ROOM 231
YOGA IN ROOM 304
SPINNING IN SPINNING ROOM

Schedule for SPRING: 2023

Classes start: January 9th, 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM-7:00AM		SPINNING - JOE		SPINNING - JOE	
7:30AM-8:30AM					
12:00PM-1:00PM					
5:00PM-5:50PM	HIGH LOW - ERICA		DANCE FITNESS - ERICA		
5:30PM-6:30PM		HAPPY HOUR - NAZ		HAPPY HOUR - NAZ Yogasana Foundations - PAIGE	
6:30PM-7:30PM	YOGASANA - PAIGE		YOGASANA - PAIGE		
SATURDAY					

ALL ABILITIES WELCOME!

HIGH LOW - Reminiscent of the aerobics glory days, High Low is based on traditional aerobics principles that create a steady-state cardio workout. Expect non-stop cardio and toning moves in easy-to-follow fitness choreography to music you know and love. HIGH Low brings the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact.

HAPPY HOUR: "Bootcamp with a twist"!

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. It's never the same workout with Naz, and these classes are designed to push participants harder than they'd push themselves, keeping the body guessing!

DANCE FITNESS: Join us for some cardio dance and toning moves to strengthen your body, heart, and mind. With 55 minutes of family-friendly music that makes you smile and gets you moving, dance fitness is fun for any level.

SPINNING: This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by motivating and expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

Please bring water and a towel to class. Reserve your bike by placing your own water bottle in the holder. Newcomers are always welcome! If you are new to a class, please arrive 10 minutes before class start time and identify yourself to your instructor for assistance with bike set up and proper form.

YOGASANA: Asana is the movement and pose aspect of yoga. This is a well-balanced, challenging asana class paired with the steady cadence of breath. Class includes breath awareness techniques and helps build focus, clarity, self-regulation, and self-knowledge.

Foundations: A flow class to learn, or refine the basic foundations of poses (asana) for beginners as well as experienced practitioners. Breath attention and awareness will be a focal point from start to finish of every class. Build focus, clarity, self-regulation and self-knowledge through your skillful practice.