



FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 PILATES 8:15AM YOGA 9:30AM	2 SPIN 7:45AM BODY BARRE 9AM	3 PILATES 8:15AM OUTDOOR HIKE BX FALLS 8AM PEDAL ASSIST DEMO 5-7PM HIKE/YOGA/WINE 6:30PM	4 SPIN 7:45AM BODY BARRE 9AM	5 YOGA 9:30AM
6	7 STRECH & CORE 9AM AQUA FIT 10:15AM	8 PILATES 8:15AM YOGA 9:30AM	9 SPIN 7:45AM BODY BARRE 9AM	10 PILATES 8:15AM OUTDOOR HIKE KNOX MOUNTAIN 8AM HIKE/YOGA/WINE 6:30PM	11 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	12 YOGA 9:30AM
13	14 STRECH & CORE 9AM AQUA FIT 10:15AM	15 PILATES 8:15AM YOGA 9:30AM	16 SPIN 7:45AM BODY BARRE 9AM	17 PILATES 8:15AM OUTDOOR HIKE BX FALLS 8AM HIKE/YOGA/WINE 6:30PM	18 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	19 YOGA 9:30AM
20	21 STRECH & CORE 9AM AQUA FIT 10:15AM	22 PILATES 8:15AM YOGA 9:30AM	23 SPIN 7:45AM BODY BARRE 9AM	24 PILATES 8:15AM OUTDOOR HIKE BX FALLS 8AM HIKE/YOGA/WINE 6:30PM	25 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	26 YOGA 9:30AM
27	28 STRECH & CORE 9AM AQUA FIT 10:15AM	29 PILATES 8:15AM YOGA 9:30AM	30 SPIN 7:45AM BODY BARRE 9AM	31 PILATES 8:15AM OUTDOOR HIKE 8AM HIKE/YOGA/WINE 6:30PM	Class Prices <ul style="list-style-type: none"> Membership - \$75 (unlimited classes) 10x Punch Pass - \$110 Drop In - \$14 Sunday Workshops <ul style="list-style-type: none"> Homeowner - \$25 Non-homeowner - \$30 	

CLASS DESCRIPTIONS

SPIN

These classes challenge all fitness levels. Control your own ride through a warm up, sprints, climbs and a cool down. Join us for a high energy fun cardio workout and notice an overall increase in strength and endurance.

BODY BARRE

This class blends light weights & body weight with ballet bar type exercises to tone the body & deep core. Stretching & Fascia release also incorporated.

YOGA

Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Bring a water bottle, towel, yoga mat

AQUA FIT

This is a beneficial class for anyone looking to increase strength and flexibility using water resistance. Have fun in the pool while improving overall fitness and balance. A great class appropriate for all fitness levels!

PILATES

Pilates-based workout that will fire your core through a fusion of exercises. Strengthening the body from the inside out, these classes will give you a complete core training program.

INTRO/FITNESS/TECHNIQUE - SWIM

Swimming is an excellent, whole body fitness activity that is easier than you might think. Come out and sample a swimming workout, and see how much fun it can be in a supportive, coached environment. Bring a water bottle, towel