

LET THE TRANSFORMATION BEGIN



THE CLUB
at CENTURY PARK

SEPTEMBER GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00a Yoga Flow Mary	6:15-7:00a Yoga Sculpt Mary	6:15-7:00a Synergy Joe	6:15-7:00a Yoga Flow Mary	6:15-7:00a Synergy Joe
	7:15-8:00a Restorative Yoga Mary	7:15-8:00a Synergy Joe	7:15-8:00a Yoga Flow Mary	7:15-8:00a Synergy Joe
8:15-8:50a REV Cycle *Video Led*	8:15-8:50a KINETICS HIIT *Video Led*	8:15-8:50a Fusion Yoga & Pilates *Video Led*	8:15-8:50a KINETICS HIIT *Video Led*	8:15-8:50a REV Cycle *Video Led*
12:15-1:00p Yoga Flow Laurel	12:15-1:00p MetCon Cameron	12:15-1:00p Yoga Flow Paris	12:15-1:00p Yoga Flow Paris	12:15-1:00p Upper Body Strength Destiny
1:15-2:00p Mat Pilates Laurel	1:15-2:00p Total Body Strength Cameron	1:15-2:00p Booty Builder Destiny	1:15-2:00p Upper Body Strength Cameron	1:15-2:00p Yoga Flow Destiny
5:15-6:00p HIIT TBA	5:15-6:00p Yoga Sculpt Laurel	5:15-6:00p Cycle TBA	5:15-6:00p Himalayan Yoga Mary	5:15-6:00p KINETICS HIIT *Video Led*
6:15-7:00p Booty Builder TBA	6:15-7:00p Mat Pilates Laurel	6:15-7:00p Cardio Sculpt Staci	6:15-7:00p Restorative Yoga Mary	*Video Led classes using the Wellbeats software are initiated by a staff member.
7:15-7:50p Fusion Yoga & Pilates *Video Led*	7:15-8:00p Stretch & Flexibility Laurel	7:15-8:00p Fusion Yoga & Pilates *Video Led*	7:15-7:50p REV Cycle *Video Led*	**Sign-up is required for all group exercise classes. Class availability, schedule and instructors are subject to change.



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CLASS DESCRIPTION

Cardio Pop! - All Fitness Levels *Great for Beginners*

Cardio Pop is a dance fitness class that will feel more like a party than a workout. This class will combine easy to follow cardio dance moves with Plyometrics for a total body burn. All the while we will be jamming to the hottest pop, hip hop, 80's, 90's and dance music. Dance experience is not necessary at all! Just come and follow along for a fun, high intensity workout!

Cardio Sculpt - All Fitness Levels

An energetic total body workout that incorporates slow paced muscle conditioning with intervals of heart pumping cardio training with easy to follow movements.

Cycle - All Fitness Levels

Be ready to take on hills, sprints and bumpy roads to lead you through an incredible workout experience! With great music, a fun atmosphere and an energetic instructor, this class will motivate you to push it to the max for ultimate fat burning and leave you feeling accomplished and proud!

FUSION Yoga & Pilates (Video Led) - All Fitness Levels

Classes range from pure yoga, pure Pilates, or the perfect integration of yoga and Pilates.

High Intensity Interval Training (HIIT) - Intermediate/ Advanced

HIIT, or high-intensity interval training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This class is designed to improve your cardiovascular endurance and body composition.

Himalayan Yoga - All Fitness Levels

Himalayan Yoga is a journey into the Shakti and Shiva that reside in each of us - the fierce, divine feminine and masculine energies. This class will bring balance to the body and mind through strong asana, pranayama, and kriya. A student of Himalayan Yoga is non-violent, non-competitive, and committed to personal and community evolution.

Kinetics HIIT (Video Led) - All Fitness Levels

Multi-activity classes including sport-style cardio intervals with weight training circuits.

Lower Body Strength - All Fitness Levels

Increase muscular strength, tone, and stability through the hips, glutes, hamstrings, and quadriceps musculature. Expect a class with a lot of variety from week to week using multiple pieces of equipment.

Mat Pilates - All Fitness Levels

Pilates focuses on developing core strength, flexibility, balance and stamina. Various props like foam rollers, light weights, and balls are incorporated to enhance and intensify the workout. No previous Pilates experience is necessary.

MetCon - Intermediate / Advanced

Metabolic Conditioning (aka MetCon) is a group based, competitive conditioning class that includes all-out bouts designed to increase endurance. Prepare to swing kettlebells, slam medicine balls, and complete intervals on the rower, assault bike, and battle ropes.

Restorative Yoga - All Fitness Levels

This practice is designed to melt away stress, improve mindfulness, and improve mobility around key joints that are traditionally tight from prolonged sitting. Class involves variations of seated and supine poses typically held for longer periods of time, accessing deeper layers of connective tissue to improve circulation in and around the joints.

REV Cycle (Video Led) - All Fitness Levels

A unique mix of sprints, climbs, and interval drills built to challenge you in every class.

Stretch & Flexibility - All Fitness Levels

Flexibility is achievable for EVERYONE! This class is designed for athletes, people who work at a desk, those seeking to prevent or recover from injuries, and anyone who wants to feel better in their body. Classes will incorporate dynamic stretching, passive stretching, and mobility work to help attendees achieve optimal body function

Synergy - All Fitness Levels

The perfect combination of resistance training and cardio. Shape the glutes, trim the abs, and tone the arms, all at a fat burning pace.

Total Body Strength - Fitness Level Depends on the Day

Increase your strength and define your entire body, sculpting every inch from head to toe with full-body movements. Expect a class that has a lot of variety incorporating a mix of dumbbells, resistance bands, medicine balls, and more!

Upper Body Strength - All Fitness Levels

Increase muscular strength, tone, and stability throughout the chest, shoulders, back, arms, and core musculature. Expect a class with a lot of variety from week to week using multiple pieces of equipment.

Yoga Flow - All Fitness Levels

Most commonly known as vinyasa yoga, poses will flow from one to another in conjunction with the breath. Flow through various poses to improve your focus, strength, and flexibility while create mindful breathing.

Yoga Sculpt - Intermediate Fitness Level

Yoga Sculpt combines elements of Vinyasa and Power yoga practices leaving you feeling lean, mindful, and strong. Light weights and props can be added to poses for maximum calorie burning and muscular toning.