

Live Classes

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm	Intermediate to Advanced Core Training with Jen	Intermediate to Advanced Core Training with Jen	Abs and Glutes with Chris	Intermediate to Advanced Core Training with Jen	Abs and Glutes with Chris	
12:30 pm	Intro to Muscle Training Class with Jen	Intro to Stretch/Yoga Class with Jen	Intro to Muscle Training Class with Chris	Muscle Pump/Tone Class with Jen	Group Personal Training	
4:30 pm	Intro to Stretch/Yoga Class with Jen		Group Personal Training	Intro to Stretch/Yoga Class with Jen		
5:00 pm			Group Personal Training			

Class Descriptions

Name	Description	Minutes	Location	When	Ability Level
RECOVERY/FLEXIBILITY/RELAXATION	Maintain and restore function to the musculoskeletal system through these classes.				
Days End Yoga/Stretch/Restorative Motion Unwind	This class counteracts the effects of seated work related postures. Come in your street clothes and learn how to relax, stretch, and lightly strengthen your neck, shoulders, and low back in this easy but informative class. You can do 10 minutes or the full 25. All levels welcomed.	25	Fitness Class Room	See Schedule	Beginners and up
Restorative Movement Class	This is an overall body program where specifics movements, positions, and some unique stretches are employed to restore the body. This class helps you understand if you body is healthy in terms of movement, flexibility and joint health. The goal of which is retain balance to your muscularture and health to your joints. All levels welcomed.	30			
Relaxation and Body Awareness Class	Body awareness, movement flow, and relaxation techniques will be taught in order to enhance the reduction of tension and stress. All levels welcomed.	25	Fitness Class Room	By Appointment	Beginners and up
MUSCULAR FITNESS	Muscular fitness is a broad term that encompasses a variety of training elements - The Goal of which is a build up of muscular ability both strength and endurance.				
Core Training Class (two types: Intro-Intermediate ALSO CALLED GLUTES AND ABS and Intermediate-Advanced)	This is a group based class using a series of exercises aimed at developing the musculature of deep spine, abdominal, lower back, and pelvic areas ie glutes (THE CORE). Increasing core ability allows the body to stabilize itself during all types of movements. Excellent class for preventing or reducing back pain and for those who play sports. This low-impact, conditioning workout only requires a space the size of an exercise mat. Some safe pilates moves will be used. The intermediate to advanced version should only be taken if you are in fairly good shape and have taken the introductory core class in the past.	20-30	Fitness Class Room	See Schedule	Beginners and up (see class level-(two types: Intro-Intermediate and Intermediate-Advanced)
Muscle Pump AND Intro to Muscle Training	This is a group based class using Barre, Band, Wall, Body Pump Bar, and Body weight exercises performed to Pump/Tone all your body parts in a short period of time. Mall Barre and Pump/Tone Balance exercises are either isometrics or slight movements typically done while holding onto a support or nothing at all. These exercises typically exhausts and Pump/Tones the muscle in a short period of time. We also utilize a body pump barbell set or dumbbells or bands, therefore mall traditional muscle building exercises can be accomplished. Intro to Muscle Training is an introductory Muscle Pump class.	30	Fitness Class Room	See Schedule	Beginners and up