

# APRIL POP-UP CLASSES



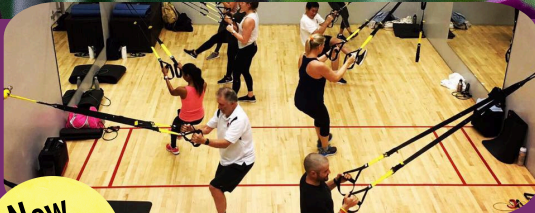
New  
Instructor

## CYCLE STRENGTH WITH CELINE

"CALLING ALL EARLY BIRDS", THIS ONE IS FOR YOU! Get both cardiovascular and strength conditioning in this fun filled 1-hour cycle and strength class.

MONDAYS  
6:15AM

MAIN STUDIO



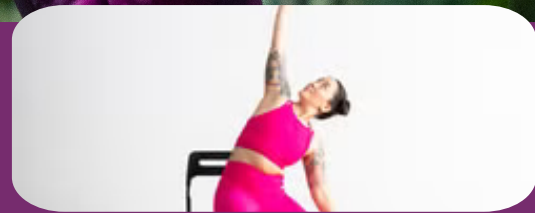
New  
Day

## TRX

TRX (Total Resistance Exercise) is a suspension training system using adjustable straps and your own body weight to build strength, balance, flexibility, and core stability through functional movements, leveraging gravity and body angle for adjustable intensity, making it versatile for all fitness levels.

MONDAYS @ 10AM - MICHELLE  
THURSDAYS @ 4:30PM - GARY

TRX STUDIO ON  
RACQUETBALL COURT 9



## TOTAL SPORTS STRETCH WITH CELINE

Give your body a well-deserved stretch with Total Sports Stretch. This one-hour yoga based class focuses on stretching and strengthening, as well as alignment and stress relief. All levels are welcome. Bring your yoga mat.

TUESDAYS  
7:00PM

PILATES STUDIO



## COMPOUND POWER WITH KAITLYN

Full body workout in performance based strength training. Using heavy compound lifts, followed by explosive, creative, moves; we take your power and athleticism to the next level. You have full control over the weights you use. Good for all levels! 45 minute class!

FRIDAYS  
6:30AM

MAIN STUDIO



## YOGA FLOW WITH KATIE

Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, ease of movement, balance and full-body relaxation. We will make an exploration of the body's range of motion with standing postures, twists, back extensions, forward folds, and hip openers.

FRIDAYS  
7:30 AM

PILATES STUDIO



## CYCLE & ABS WITH HEIDI/TERESA

Cycling mechanics improve leg strength, muscular endurance, and build your cardiovascular threshold. Classes include cycling drills, challenging hills and cadence work, all done to exciting and motivating music finishing with a segment of ab work on the mat.

SUNDAYS  
8:00AM

MAIN STUDIO

PILATES MAT WITH KAREN  
THURSDAYS @ 6:30AM  
NOW 1-HOUR CLASS  
PILATES STUDIO

This class helps build a strong, balanced body and increases flexibility. As you progress in your practice you will notice improvements in core strength, breathing, focus, stress management and body awareness.

