

JUNE POP-UP CLASSES

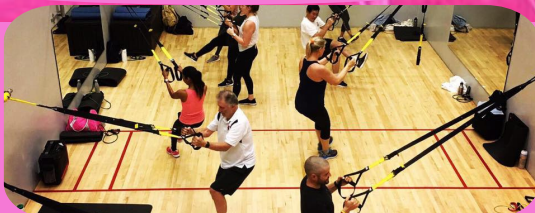


CYCLE STRENGTH WITH CELINE

"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



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 @ 10AM - 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.



**AQUA FITNESS WITH JACQUE
TUESDAYS @ 5:30PM - DEEP END
THURSDAYS @ 5:30PM - SHALLOW**

Great class for cardio, endurance, strength, core, balance & flexibility. Easy on the joints and no prerequisite for swimming ability.



LOS CAB