

INDOOR PROGRAM SCHEDULE | SUMMER 2021 | JUL 12 - SEP 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN FITNESS SCHEDULE

MIND/BODY = **BLUE** | STRENGTH & CONDITIONING = **BLACK** | ZUMBA = **RED**

	SUN	MON	TUE	WED	THU	FRI	SAT
INDOOR PROGRAM SCHEDULE							
INDOOR AM		10:15-11:15AM PILATES BARRE Raena		10:15-11:15AM YOGA HATHA Anne			
INDOOR PM		6:30-7:30PM YOGA HATHA Rouba			6:30-7:30PM YOGA YIN Tasha		

**Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes. As well, please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.*

ACTIVITY DESCRIPTIONS & INTENSITY RATING

PILATES BARRE	3-4	A total-body toning workout which infuses elements of ballet, dance and Pilates to lengthen and strengthen the body.
YOGA HATHA	3	Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.
YOGA YIN	2-3	Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body's connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

