




SMALL GROUP TRAINING SCHEDULE

MON	TUE	WED	THU	FRI	SAT
10 AM-11 AM <u>Pilates Mat with Props (Level 1-2)</u> Chip C.	7 AM-7:45 AM <u>Gravity Flow: Strength & Stability</u> Jen G.	7 AM-7:45 AM <u>Ball and Band</u> Jen G.	7 AM-7:45 AM <u>Gravity Flow: Strength & Stability</u> Jen G.	7 AM-7:45 AM <u>Ball and Band</u> Jen G.	8 AM-9 AM <u>Strength & Conditioning</u> Brian L.
11 AM-12 PM <u>Strengthen, Stretch, and Balance</u> Kirsten B.	10:30 AM-11:30 AM <u>Women's Strength Training (Level 1)</u> Ashley C.	9:30 AM-10:30 AM <u>Balance and Breathe</u> Kirsten B.	10 AM-11 AM <u>Total Body Strength & Conditioning</u> Shannon Y.	11 AM-11:55 AM <u>Women's Strength</u> Ashley C.	10 AM-11 AM <u>Pilates (Level 1)</u> Maeve T.
	11:30 AM-12:15 PM <u>Mindful Movement</u> Anna F.	11:30 AM-12:30 PM <u>Pilates (Level 1)</u> Maeve T.	11:15 AM-12:15 PM <u>Pilates on Total Gym (Level 1-2)</u> Chip C.		
	1 PM-2 PM <u>PWR/Parkinson's Class</u> Kirsten B.				
6:15 PM-7:15 PM <u>Pilates on Total Gym (Level 1-2)</u> Chip C.	6:30 PM-7:30 PM <u>Pilates with Mat (Level 3)</u> Grace B.	6:15 PM-7:15 PM <u>TRX/Kettlebell Circuit</u> Bobby S.	5:30 PM-6:15 PM <u>Release & Restore: Stretch and Mobility</u> Jen G.		Class Color Key:  VIRTUAL  IN-PERSON  HYBRID



SMALL GROUP TRAINING DESCRIPTIONS

Pilates Mat with Props (Level 1-2)

Strengthen your foundation in this all levels Pilates class. Focus on building core strength, improving balance, and enhancing posture through controlled, mindful movements. Leave feeling more confident.

Strengthen, Stretch, and Balance

A class for all levels designed to boost your flexibility, stability, and coordination while building strength. Feel better, move better, live better!

Release & Restore: Stretch and Mobility

Designed to improve flexibility, release tension, and enhance mobility through guided stretching and targeted movement. Perfect for all fitness levels, this session focuses on supporting joint health, posture, and overall movement quality. Required equipment: small myofascial release ball, large physio-ball, band, foam roller.

Pilates on Total Gym (Level 1-2)

For intermediate levels (mastery of level 1-2 Pilates). Focus on core strength and stability while in motion leading to improved core strength, posture and mobility.

Gravity Flow: Strength and Mobility

For intermediate and advanced fitness levels, low-impact, body-weight workout on a variable incline machine that delivers amazing strength training. Designed to enhance mobility, core stability, strength, and muscle endurance, while improving posture, movement quality, and overall performance.

Women's Strength (Level 1)

Empower yourself with this women's strength class, perfect for all levels. Master the fundamentals of squats, lunges, hinges, pressing and pulling using a variety of equipment. Build your strength and improve technique.

Mindful Movement

This class is designed to help you regulate your nervous system, calm your stress response, and improve your well-being using mindful techniques, breathing exercises, and gentle movements, reducing stress and pain while enhancing relaxation.

PWR/Parkinson's Class

The class is for people with Parkinson Disease who want to continue to decrease their symptoms, prevent progression, and move well. The exercises in the class target stiffness, slowness, coordination, and automaticity.

Pilates Mat with Props (Level 3)

This class is designed for intermediate Pilates enthusiasts. It utilizes advanced exercises that challenge your stability, balance, and movement quality. Build enhanced core strength, refine your technique, and elevate your overall Pilates performance.

Men's Strength

Designed for all levels, including beginners. Build strength and focus on mastering proper technique for squats, lunges, and hinges, as well as pulling and pressing movements using a variety of equipment. This class will help you improve your strength, form, and overall performance.

Virtual Ball and Band

Get strong, stable, and ready for anything with this intermediate-level class. Using exercise balls, bands, and foam rollers, you'll improve mobility, build strength, and boost your balance and control. Perfect for refining performance, preventing injuries, and feeling your best - inside and out!

Balance and Breathe

Find your center in this all-levels class focused on simple balance movements and calming breathing techniques. Improve stability, enhance body awareness, and build a stronger mind-body connection - perfect for anyone looking to move with more control and confidence.

Pilates (Level 1)

This beginners Pilates class focuses on core strength, balance and posture. This class improves core strength, balance, and posture.

TRX Kettlebell Circuit

Level up your workout with this TRX and kettlebell circuit! Perfect for intermediate to advanced levels, this class hits strength, stability, and endurance while keeping your heart pumping. Crush your fitness goals, feel unstoppable, and walk out stronger and fitter than ever!

Total Body Strength and Conditioning

This all-levels strength and conditioning class is built around functional movements to prepare you for whatever life throws your way. With a focus on the 10 aspects of fitness - endurance, strength, flexibility, power, speed, coordination, agility, balance and accuracy - you'll build a well-rounded foundation of physical preparedness while pushing your limits and feeling unstoppable.

Form and Functions

Perfect your technique while building core, upper body, and lower body strength. Suitable for all levels, this class boasts your strength, sharpens your form, and leaves you feeling confident and powerful.

Fit and Functional Bootcamp

Get ready to sweat in this all-levels bootcamp that combines cardio, strength training and functional movements for a full-body workout. Designed to improve strength, agility, balance and overall fitness, this class keeps you moving, challenging yourself, and feeling accomplished every step of the way.

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