

January Fitness Schedule 2018

Be Fit, Be Healthy, Be You!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					11:30am-12:30pm Pilates Mat- Kellie	9:30-10:45 Yoga Flow / Alissa 2-3:00pm Gentle Yoga / Jill
7	8	9	10	11	12	13
					11:30am-12:30pm Pilates Mat- Kellie	9:30-10:45 Yoga Flow W/ Alissa 2-3:00pm Gentle Yoga / Jill
14	15	16	17	18	19	20
11-12 kids yoga 12-1:30 restorative yoga 1:30-2 family yoga /w Jocelyn					11:30am-12:30pm Pilates Mat- Kellie	9:30-10:45 Yoga Flow/ Alissa 2-3:00pm Gentle Yoga / Jill
21	22	23	24	25	26	27
11-12 kids yoga 12-1:30 restorative yoga 1:30-2 family yoga /w Jocelyn					11:30am-12:30pm Pilates Mat- Kellie	9:30-10:45 Yoga Flow/ Alissa 2-3:00pm Gentle Yoga / Jill
28	29	30	31	1	22	23
11-12 kids yoga 12-1:30 restorative yoga 1:30-2 family yoga /w Jocelyn					11:30am-12:30pm Pilates Mat- Kellie	9:30-10:45 Yoga Flow/ Alissa 2-3:00pm Gentle Yoga / Jill

Restorative Yoga: This class is about slowing down and opening the body through passive stretching, utilizing various props for the sake of opening this class is great for unwinding after a weekend playing outdoors. This is a perfect class for all levels.

Yoga Flow: Delightfully tranquil & gently challenging, this class is meant to ring-out the entire body, tone major muscle groups, strengthen your relationship with your breath, focus the mind, & overall leave you with a more balanced connection between Mind-Body-Soul.

Vigorous Yoga Flow: This class is best for the Intermediate to the more advanced. This class is meant to tone, work, strengthen, & stretch the whole body. Meant to decrease stress, release tension, and heighten endorphins. Utilizing the breath & music to focus our minds & strengthen our focus.

Join us to sweat, laugh, & have fun.

Coming Soon!

Pilates Mat: Each exercise emphasizes breath, core, conditioning, and body awareness. Pilates was originally designed to strengthen and heal war injuries while men were immobile in bed. This full body workout will strengthen your deepest abdominal muscles while sculpting your legs, arms, and back.

Spin & Sculpt: Come get your SPIN cardio on, & incorporate upper body with fun, easeful free weight exercises meant to tone & strengthen without high impact.

Come to burn fat, have fun, get the best strategic form of cardio into your day, all while toning the upper body.

Updated 12/29/2017