

# Summer Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Vinyasa Yoga with Desiree 7:00am to 8:00am		Zumba with Kelly 7:45am to 8:45am		barreMotion with Kathy 5:30am to 6:30am
Zumba with Kelly 8:15am to 9:15am		Above the Barre with Kelly 8:45am to 9:45am		Vinyasa Yoga with Desiree 8:00am to 9:00am
Above the Barre with Kelly 9:15am to 10:15am	Vinyasa Yoga with Desiree 9:30am to 10:30am	Vinyasa Yoga with Desiree 10:00am to 11:00am	Vinyasa Yoga with Desiree 9:30am to 10:30am	Above the Barre with Kelly 9:15am to 10:15am
	Water Aerobics with Trisha 11:00am to 12:00pm	barreMotion with Kathy 10:15am to 11:00am	Water Aerobics with Trisha 11:00am to 12:00pm	
	coreStrength with Kathy 7:00pm to 8:00pm	Performance Movement with Kathy 7:00pm to 7:45pm	coreStrength with Kathy 7:00pm to 8:00pm	



## **Vinyasa Yoga**

This type of practice involves synchronizing the breath with a continuous flow of postures. Vinyasa yoga promotes upper and lower body strength, balance and flexibility. Through this dynamic exercise, students progress physically while also benefitting from the intense mental and spiritual effects the practice.

## **Above the Barre**

Combine elements of barre, dance, and yoga.

Exercises are high intensity and low impact, choreographed to fun and motivating music, and emphasize toning the legs and strengthening the core.

## **coreStrength**

This class blends core exercises and weight training to chisel your muscles, kick your core, and rev up your metabolism.

You will get a comprehensive workout as you build lean muscles, sculpting your entire body.

## **barreMotion**

A dynamic total body workout utilizing the ActivMotion Bar & Barre technology. Training muscle with increased core activation while defining and sculpting with smaller isolated movement of barre work.

