

VIRTUAL FITNESS & YOGA CLASS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|
| <p>8:00am BARRE with Carly (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>9:30am YOGA & MEDITATION FOR STRESS RELIEF with Shoshana (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>8:00am BARRE with Carly (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>9:30am GENTLE FLOW & RESTORE with Shoshana (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>9:30am BODY SCULPT with Carly (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>9:30am INDOOR CYCLING (begins January 9th) with Carly (45 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> |
| <p>9:30am BODY SCULPT with Carly (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>5:00pm BARRE with Carly (60 min) Free for members \$10 for non-members <i>(this class is live, but is a repeat of the Monday morning Barre class)</i> <u>Call/email for Zoom link</u></p> | <p>9:30am BODY SCULPT with Carly (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | <p>5:00pm BARRE with Carly (60 min) Free for members \$10 for non-members <i>(this class is live, but is a repeat of the Wednesday morning Barre class)</i> <u>Call/email for Zoom link</u></p> | <p>5:00pm BODYWEIGHT BOOTCAMP with Andrew (60 min) Free for members \$10 for non-members <u>Call/email for Zoom link</u></p> | |
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BARRE with Carly

Barre classes blend movements from ballet, Pilates, and yoga, using a ballet bar as the primary piece of equipment. For virtual classes, we recommend using a chair pushed against a stable surface, so you can use the back of it as your 'bar'. You will also do some exercises on a mat, and if you have light hand weights, they are a great addition! This is a low-impact workout, with high repetitions, aimed at increasing endurance, flexibility, and posture.

BODY SCULPT with Carly

This class keeps you guessing! Each class has a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpting, & core work — using equipment if you have it, or your own body weight. Modifications offered for every level.

BODYWEIGHT BOOTCAMP with Andrew

Focused on building strength and delivering a total body workout. This class includes a dynamic warm-up, core strength circuit, upper and lower body exercises, and a stretching series at the end. Modifications and progressions offered for all levels.

GENTLE FLOW & RESTORE with Shoshana

This mixed-level class is designed to revitalize the body & soothe the nervous system. A gentle flow sequence promotes tone, balance, & flexibility. The class concludes with a series of supportive restorative postures to invite deep ease & relaxation

INDOOR CYCLING with Carly

For those of you with spin bikes at home, drop in on a virtual indoor cycling class! Classes include hill climbs and repeats, speed intervals, Tabata speedwork, and long climbs. You will finish sweaty, smiling, and excited for your next workout!

YOGA & MEDITATION FOR STRESS RELIEF with Shoshana

Classes include meditation to promote quiet & contemplation, breathing & chanting to balance the nervous system & flowing asana sequences that gently energize the body. Focused on relieving stress & rejuvenating body & mind.