

GROUP EXERCISE SCHEDULE – AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:45am INDOOR CYCLING <i>with Carly (45 min)</i></p> <p>8:45am BODY SCULPT (r) <i>with Carly (60 min)</i> Non-members remote \$10</p> <p>9:30am PILATES IN STUDIO L1 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>10:00am SLOW FLOW YOGA (r) <i>with Amanda (75 min)</i></p> <p>10:00AM CARDIO TENNIS <i>with Toby</i> Courts 7 & 8</p> <p>12:30pm AQUA FIT <i>with Andrew S. (60 min)</i></p> <p>5:30pm TRAPEZE YOGA <i>with Erika (60 min) – limit 5</i></p> <p>5:30pm BOOTCAMP <i>with Andrew S. (60 min)</i></p>	<p>7:30am VINYASA YOGA (r) <i>with Erika (60 min)</i></p> <p>8:30am PILATES IN STUDIO L2 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>8:45am BARRE (r) <i>with Carly (60 min)</i> Non-members remote \$10</p> <p>9:00am AQUA FIT <i>with Kerry (60 min)</i></p> <p>10:00am MAT PILATES <i>with Karen (60 min)</i></p> <p>5:00PM  TENNIS GAMES <i>with Toby</i> Courts 7 & 8</p> <p>5:30pm YIN YOGA <i>with Alyssa (75 min)</i></p>	<p>6:45am INDOOR CYCLING <i>with Eric (45 min)</i></p> <p>8:30am PILATES IN STUDIO L2 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>8:45am BODY SCULPT (r) <i>with Carly (60 min)</i> Non-members remote \$10</p> <p>10:00am ENERGY MEDICINE YOGA (r) <small>ENERGY MEDICINE YOGA</small> <i>with Amanda (75 min)</i></p> <p>10:00AM CARDIO TENNIS <i>with Toby</i> Courts 7 & 8</p> <p>12:30pm AQUA FIT <i>with Andrew S. (60 min)</i></p> <p>5:30pm POWER HOUR <i>with Andrew N. (60 min)</i></p>	<p>7:30am TRAPEZE YOGA <i>with Erika (60 min) limit 6</i></p> <p>8:45am BARRE (r) <i>with Carly (60 min) limit 11</i> Non-members virtual \$10</p> <p>9:00am AQUA FIT <i>with Joyce (60 min)</i></p> <p>10:30am GENTLE FLOW YOGA <i>with Shoshana (60 min)</i></p> <p>12:00pm PIYO (r) <i>with Jody (60 min)</i> Non-members remote \$10</p> <p>5:30pm FIT FOR LIFE <i>with Andrew S. (60 min)</i> Outdoor class</p>	<p>6:45am INDOOR CYCLING <i>with Eric (45 min)</i></p> <p>8:30am PILATES IN STUDIO L2 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>8:45am BODY SCULPT (r) <i>with Carly (60 min)</i> Non-members remote \$10</p> <p>10:00am FLOW & RESTORE YOGA (r) <i>with Amanda (90 min)</i> Non-members remote \$15</p> <p>12:30pm AQUA FIT <i>with Andrew Stowe (60 min)</i></p> <div style="border: 1px solid black; border-radius: 50%; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center; margin: 20px auto;"> <p>Remote classes available Indicated with (r)</p> </div>	<p>9:00am  BOOTCAMP <i>with Alex G.</i></p> <p>10:00am  INDOOR CYCLING <i>with Carly (45 min)</i></p> <p>10:00am 30-MIN STRETCH <i>with Alex G. (30 min)</i></p> <p>11:00AM CARDIO TENNIS <i>with Toby</i> Courts 7 & 8</p> <p>11:00am RESTORATIVE YOGA <i>with Alyssa (75 min)</i></p>	<p>9:00am INDOOR CYCLING <i>with Eric (45 min)</i></p> <p>10:00am YIN YOGA <i>with Alyssa (75 min)</i></p> <div style="border: 1px solid black; border-radius: 50%; width: 150px; height: 150px; display: flex; align-items: center; justify-content: center; margin: 20px auto;"> <p>POP-UP CLASSES MOTIVATIONAL YOGA w/Kelley TWO MONDAYS 8/8 & 8/22</p> </div> <div style="border: 1px solid black; padding: 10px; margin: 20px auto; width: 150px;"> <p>OPEN TO THE PUBLIC DAILY GUEST PASS: \$25</p> </div>

COLOR LEGEND: **BLUE:** Aquatics; **BLACK:** Studio & Cycling; **GREEN:** MindBody Pilates & Yoga; **Orange:** Tennis

PRE-REGISTRATION REQUIRED TO CONFIRM PLACE IN CLASS

Member registration through the [Mindbody](#) app. Guests may register by calling (802) 457-6656

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AQUATICS

AQUA FIT: Strength & toning exercises with moderate-intensity aerobics using natural water resistance & “water weights.” An excellent, & safe workout to improve cardiovascular endurance, muscular strength, & range of motion. One lap lane only will be open during aqua aerobics. 60 minutes.

STUDIO & ATHLETICS

30-MINUTE STRETCH: Take 30 minutes of your day and focus on your flexibility. Your instructor will guide you through safe and effective techniques to improve on your recovery and bring your body back to a more supple state. 30 minutes.

BARRE: Limited to 11 participants. Movements from ballet, Pilates, & yoga, using a ballet bar. For virtual classes, we recommend using a chair pushed against a stable surface, using the back of it as your ‘bar’. You will also need a mat & light hand weights – 1, 2, or 3lb recommended. A low-impact workout, with high repetitions, aimed at improving endurance, flexibility, & posture. **REMOTE OPTION AVAILABLE (r).**

BODY SCULPT: This class incorporates a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpt, and core work. For virtual classes, sliders (gliding discs) & dumbbells are ideal, but modifications can be made for body weight. Modifications offered for every level. **REMOTE OPTION AVAILABLE (r).**

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

CARDIO TENNIS: Limited to 14. This high-intensity session combines drills and games to provide an opportunity to develop skills and burn calories, all done to a pounding bass-pumping playlist. (All levels) Meet on the tennis courts 7 & 8.

FIT FOR LIFE: Experience the Knox Meadow Fitness Loop, 10 fitness stations over a flat half-mile course on beautiful Mt Peg. You'll get a full- body workout, with walking or jogging between stations. The ultimate Vermont outdoor workout! Accessible for all fitness levels. Check in at the club desk and then head out to the Loop together!

INDOOR CYCLING: Limited to 15 participants. Take your cycling workout indoors in our fabulous cycling studio with top-of-the-line Technogym stationary bikes. During the class, the instructor simulates hill-climbing, sprints, & races. Get motivated by the instructor, the people around you, & the music! 45 minutes.

PIYO: A strengthening class for total body, PiYo® combines movements & exercises from Pilates & yoga to create a unique & fun workout. Using stretching, bodyweight training, & cardio conditioning, this high-energy, yet low-impact class helps increase flexibility, balance, & strength. **REMOTE OPTION AVAILABLE(r).**

POWER HOUR: A full-body strength & conditioning class, using a variety of equipment inside, or outdoors when the weather is warm! You won't get bored, but you will start to see results in muscle tone & definition! Modifications & progressions are available for every exercise.

TENNIS GAMES – Limited to 8 participants - This clinic is a fun Adult Beginner tennis program that combines all of the king-of-the-court style tennis games from cardio tennis with some very basic drills for developing strong fundamentals. The clinic will use compression balls that will make our shots easier to control and make the game more accessible. It will also feature music and a general party atmosphere. (All levels)

MINDBODY – PILATES

MAT PILATES: This mat-work Pilates class follows the classical routine with instruction & hands-on help for alignment & understanding of the movement. The class incorporates strength, stretch, & stability, & modifies for your needs. 60 minutes.

PILATES IN STUDIO*: Limited to 3 participants. Enjoy using the Pilates studio apparatus while you lengthen & strengthen muscles like you've never experienced before. L1: novice; L2: previous experience appreciated. **ADDITIONAL FEE: MEMBERS: \$20; NON-MEMBERS \$30**

MINDBODY - YOGA

ENERGY MEDICINE YOGA: **ENERGY MEDICINE YOGA** (EMYoga) blends easy-to-learn energy medicine techniques and traditional yoga to amplify the benefits of your practice without increasing your time on the mat. For beginners and experts alike, EMYoga complements any yoga style. 75 minutes. **REMOTE OPTION AVAILABLE(r)**.

FLOW & RESTORE YOGA: Incorporating pranayama, meditation, & flowing movement with longer holds. Warming the body with flowing yoga sequences, & using the heat built to relax & restore the body & mind into supportive restorative poses. 90 minutes. **REMOTE OPTION AVAILABLE (r).**

GENTLE FLOW: 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.

MOTIVATIONAL YOGA: POP-UP! Kickstart your week with this energizing, and uplifting mixed level Hatha Vinyasa flow. A mixture of guided meditation, pranayama, mudras, and flow postures with inspirationally themed classes will help you start on the right note and gear up for the week ahead in mind, body and soul.

RESTORATIVE YOGA: Restorative yoga encourages relaxation of the body and mind. This class is open to all levels. The focus is on long passive holds, with the aim of releasing tension. 75 minutes.

SLOW FLOW YOGA: A gentle class that flows with breath from one pose to the next. Longer holds in between transitions let you ‘feel’ into poses with each breath, with a focus on alignment. 75 minutes. **REMOTE OPTION AVAILABLE (r).**

TRAPEZE YOGA: limited to 6 participants. Build upper body strength, relieve back pain, and explore backbends. No prior experience required, just a desire to improve strength and flexibility! Worried about going upside down? Don't be! There are many options with the trapeze that don't require inversions. But you're going to want to try! Contraindications: Pregnancy (requires a midwife or Dr present to practice), high/low blood pressure (consult with Dr), glaucoma or other eye issues, recent surgeries, vertigo, prosthetic hips.

VINYASA YOGA: This class is based on the belief that mental & physical health are interrelated, & should be conditioned together. Vinyasa emphasizes sequential movement between postures, coordinated with & guided by deliberate breath. Move between postures with each held for 5 to 8 breaths. A balanced class with forward bending, twists, backbends & opportunity for inversions. All levels. **REMOTE OPTION AVAILABLE (r).**

YIN YOGA: In yoga, all the tissues of the body are considered either Yin or Yang. Yin Yoga works on the Yin tissues –the connective tissues, like tendons, ligaments & fascia. The more mobile & pliable muscles & blood are Yang. Participants will move through poses in long holds, up to five minutes each, with meditation incorporated. Yin Yoga is extremely relaxing & calming for the body, mind & soul. 75 minutes.

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