

## GROUP FITNESS CLASS SCHEDULE

*All classes are suitable choices for beginner, intermediate and advanced participants unless otherwise noted.*

MON	TUE	WED	THU
12:10PM <b>CLASH</b> Claudia	12:10PM <b>Yoga</b> Kathleen	12:10PM <b>CLASH</b> Claudia	12:10pm <b>Yoga</b> Denise
	<b>NO CLASS</b>	4:30PM <b>Yoga</b> Anna	

### Descriptions:

**Vinyasa yoga** - Breathe in the life force energy in this fun and free flowing yoga! No two classes will be the same, so it never gets dull! This class focuses on breathing through different areas of the body and instruction can be modified from student to student. This class is appropriate for any ability level, from beginner to advanced practitioner. Some days will be more relaxed and restorative than others, but EVERY class will help to balance your mind, body and soul and give you extra boost of energy you need without reaching for that extra cup of coffee!

**Clash**- Push through your limits with this new, all levels welcome group fitness class! This is a full body workout that transitions between strength, cardio, and stretching moves. More specifically, there will be classic moves like pushups, jumping jacks, reps with small weights, punching, kicking, and more obscure moves that build the core from a more pilates /yoga-esq point of view. We will use resistance bands, weights, balls, and of course one's own body weight for overall conditioning! The combinations are endless, meaning class will never be dull or boring, but instead will be the perfect pick me up for your afternoon.

