



Thank you for your patience as we adjust the schedule to our new union with Sante.

House Class Schedule: Effective July 6, 2010

MONDAY

7:00 – 7:55am Core & More with Heather
8:05 – 9:00am Pilates Mat with Neela
9:05 – 10:00am ZUMBA® with Ursula
6:00 –7:15pm Yoga with Andi

TUESDAY

7:00 – 7:55am ZUMBA® with Jackie
8:05 – 9:00am Foundation & Flow Yoga with Jackie
5:45 – 6:40pm ZUMBA® with Ursula

WEDNESDAY

7:00 – 7:55am Harder, Better, Faster, Stronger with Heather
8:05-9:00am Weights & More with Neela
9:05-10:00am Pilate STRETCH with Camille
6:00-7:00pm Restorative Yoga with Diane

THURSDAY

7:00 – 7:55am ZUMBA® with Jackie
8:05 – 9:00am tai chi with Wendy
5:45 – 6:40pm ZUMBA® with Ursula

FRIDAY

8:05 – 9:00am Rollers & More with Neela
9:05 – 10:00am ZUMBA® with Jackie

SATURDAY

8:00 – 8:55am Strictly Strength with Kristine
9:30 – 10:30am Fitness Yoga with Diane

SUNDAY

9:35-10:50am ZUMBA® with Jackie

PLEASE NOTE: Shoes for class should be clean and free of mud or street debris. We encourage members to carry in their shoes for class. In snow, this becomes a requirement.

Class Descriptions

CORE & MORE: Awaken your body with this fusion class of heart pumping cardio, core-based strength conditioning and end with relaxing yoga. Focus is on building a body capable of responding to the twists and turns of everyday life!

FOUNDATION & FLOW YOGA: Class emphasizes correct alignment and right actions to develop flexibility, strength, stamina, and balance.

PILATES (MAT AND STRETCH) – A unique series of exercises designed to stretch, strengthen & tone muscle, improve posture, flexibility & balance.

ZUMBA® – Heart-pumping cardio interval training set to a Latin beat – even if you have two left feet, you are sure to get some new moves here – and burn massive calories too – ditch the workout, join the PARTY!

STRICTLY STRENGTH: What you see is what you get – a muscle-pumping hour of strength training using a variety of props including Body Bars, free weights, resistance tubing, med balls and more.

HARDER, BETTER, FASTER, STRONGER: A fast-paced cardio interval class incorporating kickboxing, sports conditioning and dance for a heart-pumping hour of sweat!

FITNESS YOGA: This yoga class will build strength, improve flexibility & balance and quiet the mind utilizing a flow-style (“Vinyasa”) format. Poses will generally move from one into the next, using the breath as a guide. Breathing and meditation techniques will be introduced, and modifications will be offered for various levels of students. Previous yoga experience is preferred.

TAI CHI CHUAN: Tai Chi Chuan is a system of slow intentional movements, coordinated with breath which loosens the joints, dissolves energy blockages, and allows chi energy to flow more freely through the body for increased health and vitality. As a longevity practice, Tai Chi Chuan increases endurance by teaching the efficient use of personal energy through conservation, cultivation, and transformation of undesirable energies into life affirming ones. Tai Chi Chuan is excellent for adults of any age and will support any other sport that you play. It is the perfect exercise for rehabilitation from orthopedic injury or surgery, emphasizing the proper alignment and operation of joints, with minimal muscle involvement, so that healing and strengthening can continue simultaneously.

WEIGHTS AND MORE: In this class we use free weights doing squats for lower body sculpting and a variation of exercises for upper body for strength and definition. We use weights for approximately 30 minutes. Shoes are required for the 1st half of the class for your safety.. The second half of the class is stretching and core exercises.

YOGA: This relatively gentle beginner/intermediate level hatha yoga class regenerates the body and spirit through practice of classic postures and breathing. Our intention is to experience inner peace, as well as increased flexibility and strength of body and mind.

CORE AND MORE : This class is designed as a whole body stretch and sculpting class with a strong emphasis on core strength and stability. A variety of props are used such as rubber tubing , free weights, ankle weights& small hand balls.

ROLLERS AND MORE: In this class we use 36 X 6 inch foam rollers to challenge balance, strengthen deeper core muscles and open the spine. Students supply their own rollers. We have some for sale if needed and also a few to loan for new students to try the class.

All classes subject to change or cancellation.

