

Winter Group Fitness & Activities Schedule

December 10, 2018 - April 21, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30 a.m.		AEX 1.0 Altitude Endurance Xtreme Circuit Training Casey	Therapy Yoga Jaclyn Power Cycle Michelle	AEX 1.0 Altitude Endurance Xtreme Circuit Training Casey				AEX 1.0 Altitude Endurance Xtreme Circuit Training Do you want to go higher, longer and faster? Come join us for 12 weeks of progressive, explosive muscular endurance training adapted from Iron Man Triathlon training programs!
7:30 a.m.	Strong & Stable Mary	Nourishing Yoga Erica		Nourishing Yoga Erica		Energizing Yoga Flow Michelle		Après Ski Tai Chi Tai Chi Learn how to use ancient techniques of soft tissue conditioning to rejuvenate and revitalize. Build healthy habits so you can shred harder and recover quickly. This class is not just for skiers, but our focus will be on how to destress the body after a day of exertion.
8 a.m.					Master's Swim Class Casey *90 mins			Barre Fusion Sweat, Shape, & Sculpt: This energetic barre class combines the techniques of Barre Fitness, Pilates, and Yoga to tone and condition the entire body!
8:30 a.m.	Spinterval Mary Yoga For Athletes Charlotte	TRX® Cardio Spin Michelle Alycia	Lean & Mean Turbo Spin Alycia Bianca	TRX® Cardio Spin Bianca Amy	Turbo Spin Ultimate Workout Bianca Alycia			BODYPUMP™ The original barbell class that shapes, tones and strengthens your entire body. This addictive workout challenges all of your major muscle groups by using the best weight-room exercises.
9 a.m.							Cardio Spin Shea	Core & Restore Variety of core exercises to strengthen the torso/abdominal region, buttocks, hips & low back. The class is all about full body restorative stretch, hip opening and breathing for relaxation.
9:15 a.m.						Barre Fusion Amy		HIIT Plus (High Intensity Interval Training) HIIT is one of the fastest and most efficient ways to get in shape and lose weight quickly. We try to keep the intensity high, but the impact moderate to low so all ages and fitness levels can join.
9:30 a.m.	Barre Fusion Denise	Tai Chi Jake	BODYPUMP™* Denise *75 mins	Mindful Yoga Michelle	BODYPUMP™* Denise *75 mins	Cycle Boss Performance Cycling *90 mins Starts Jan 19		Iyengar Yoga Focuses on exploring consciousness through the specifics of yoga postures and breath. Clear, precise instructions for proper alignment, intelligent sequencing and (generally) longer holds in the postures are threaded with yoga philosophy and hands on adjustments.
10:30 a.m.	Ultimate Workout Michelle	Core & Restore Amy		Core & Restore Alycia		Zumba® Amy	Tai Chi 10 a.m. Jake	Pilates Fusion A rhythm based class combining Pilates, strength training and yoga. This heated class will get your heart rate up while toning your body. The class will have a mixture of standing exercises (lunges and squats) yoga poses. and mat exercises utilizing various floor core exercises.
11 a.m.		Uphill Hike Various Destinations Denise *3 hrs	Yoga For Athletes Charlotte *75 mins	Ski Day Various Destinations 10 a.m. - 2 p.m. Denise				Master's Swim Class - 90 minutes 2400 to 3400 yards per class - 1.5 hours. Develop your freestyle and mixed stroke technique while focusing on efficiency, speed and power. Tie this into your full body fitness program.
12:15 p.m.	Pilate Mat Michelle				HIIT Plus Amy 75 mins*			Spin Cycle Boss Performance Cycling Spinterval The ride will simulate varied terrain as you tackle, steep climbs, sprints, fast jogs and other drills to give you a great interval workout.
4:30 p.m.	Vinyasa Yoga Flow Kris	Iyengar Yoga Melisa	Vinyasa Yoga Flow Kris	Après Ski Tai Chi Jake	Après Ski Yoga Michelle			Strong & Stable Have fun getting strong & stable while combining strength, stability and stamina moves that enhance function and form for everyday activities!
5:30 p.m.	Restorative Yoga Kris		Restorative Yoga Kris Cardio Spin Shea					TRX® Suspension Training Utilize gravity and body weight allowing for a multitude of exercises and functional movement training patterns, paired with core focused exercises for full-body training and balance.
5:45 p.m.		BODYPUMP™ Janelle		BODYPUMP™ Janelle				Ultimate Workout A strength-centric workout that leaves no muscle untouched. This total body challenge will sculpt your muscles in precisely designed circuits using weights. A class with strong core focus, is action packed and will include some plyometrics creating a stronger, more fit physique.
								Yoga For Athletes A supplement to sport and tailor-made to balance sport specific imbalances in body and mind. A way to optimize and develop sports performances physically and mentally. A holistic approach to performance optimization, that contains exercises for body, breath and mind.
								Zumba® Mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome.