



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS

**SCHEDULE DATES: January 2022**  
Complimentary for Members

**DESCRIPTIONS >>>**

<b>Pool:</b> Capacity: 12	<b>LG:</b> Large Gym Room Capacity: 24
<b>MPR:</b> Multi-Purpose Room Capacity: 11	<b>CS:</b> Cycle Studio Capacity: 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Rise &amp; Shine Yoga (Int-Adv)</b> 9:00a-10:00a (Jiwon) MPR *starts 1/11				<b>Power Vinyasa Yoga (Int-Adv)</b> 9:00a-10:00a (Jiwon) MPR *starts 1/15
		<b>Gentle Movements Yoga (Beginner)</b> 10:15a-11:15a (Jiwon) MPR *starts 1/11				<b>Yin Restorative Yoga (Beginner)</b> 10:15a-11:15a (Jiwon) MPR *starts 1/15
	<b>Deep Water Fitness</b> 11:00a-11:45a (Gilbert) Pool	<b>Shallow Water Fitness</b> 11:00a-11:45a (Gilbert) Pool	<b>Deep Water Fitness</b> 11:00a-11:45a (Gilbert) Pool	<b>Shallow Water Fitness</b> 11:00a-11:40a (Gilbert) Pool		<b>Level Up</b> 9:00a-10:00a (Nicki) LG
				<b>Intro to Vinyasa Yoga (Int-Adv)</b> 5:30p-6:30p (Jiwon) MPR *starts 1/13	<b>Cycle HIIT</b> 5:30p-6:30p (Malissa) CS	
			<b>Cycle HIIT</b> 6:30p-7:30p (Malissa) CS	<b>Candlelight Meditation &amp; Relaxation Yoga (Beg.)</b> 6:45p-7:45p (Jiwon) MPR *starts 1/13		

**All group fitness classes required a reservation, no walk-ins available**

**FITNESS PROGRAM ADAPTATIONS:**

- Group fitness capacity limited
- All equipment including mats provided; mats are available for purchase if desired.
- 3 consecutive no-shows results in member reservation privileges being suspended

# GROUP FITNESS CLASS DESCRIPTIONS

**Candlelight Meditation & Relaxation (BEGINNER FRIENDLY)** In our Candlelight Yoga class, you can expect to deepen your breath. You will enjoy a slow flow in soft and calming candlelight and restorative yoga postures that will guide you into deep relaxation. This practice is great for anyone that is looking into slowing down from a busy day and reconnect with the breath.

**CYCLE HIIT (High Intensity Interval Training)** Are you looking for a challenge both mentally and physically? Then this class is for you! This is a full body workout with heart-pumping music. You will experience a variety of resistance levels and class styles including drills, endurance, power, and strength through choreographed cardio. What to bring: Water bottle, small towel, and workout gloves. *Not required but recommended:* Heart rate monitor to measure intensity during class.

**DEEP WATER FITNESS** This is a moderate to high intensity workout that takes place in deep depths of water in the pool. Participants can increase their range of motion using non-impact movements for an overall cardio and strength workout. A flotation device is provided.

**GENTLE MOVEMENTS (BEGINNER MOBILITY)** Gentle Movements is designed for those new to yoga or those who are interested in a gentle practice. You can expect to flow through simple sequences and slower paced movements. We will focus on tension release and mobility work that you can easily apply to your day-to-day life. This class is appropriate for anyone of any age and experience level in yoga practice.

**INTRODUCTION TO VINYASA YOGA** This class focuses on developing clear and safe alignment in foundational poses. The basic postures that form the Vinyasa yoga sequence will be demonstrated and guided with modifications. Meditation and breath exercises will be offered in each session to quiet the mind and awaken our senses. Introduction to Vinyasa yoga is a great way to build heat, get stronger, more flexible, and meditate through dynamic movements.

**LEVEL UP:** Take your fitness to the next level! This 45-minute workout is designed to increase your strength, improve your cardiovascular endurance, and push you to reach new goals. Each week will bring a new workout that incorporates resistance bands, challenging cardiovascular exercises, along with body weight movements, all in a high intensity interval format that will challenge participants of all levels.

**POWER VINYASA YOGA** Power Vinyasa offers practice that builds your endurance and strength. This energetic flow will make you move through a creative sequence exploring advanced versions of the yoga postures. You will enjoy moving in rhythmic music, breaking sweat and challenging yourself to advance your practice. This class is for students that have basic understanding of yoga asanas. For your safety, please take the Introduction to Vinyasa Yoga class before trying Power Vinyasa.

**RISE & SHINE MORNING YOGA** In our Rise & Shine Morning Yoga class, we focus on making smooth transitions between asanas that feels most natural. Class is designed to guide our mind and body to gradually open up through gentle movements that feels good. The focus of this class is to awaken and energize our soul for the day ahead. Dynamic variations of each asana will be introduced in a fun and encouraging environment. Daily morning yoga practice will help you feel energized, strong, and flexible.

**SHALLOW WATER FITNESS** is a low to moderate intensity low-impact total body workout that takes place in the shallow end of the pool. Participants do not need to know how to swim.

**YIN RESTORATIVE YOGA (Beginner Friendly)** Yin is a slow-paced style of yoga where postures are held for longer periods of time. The sequences of postures are meant to stimulate and help in stretching connective tissue around the joints like the knees, pelvis, sacrum, and spine. The long hold times of this practice offer the chance to sit with our emotions and can help us become more resilient to stress. It is a more meditative approach to yoga, and its goals are awareness of inner silence, and bringing to light a universal, interconnecting quality. In this class, we will incorporate various yoga props, such as blocks, straps, bolsters, and blankets to deepen our postures.