

Premium Group Fitness Classes (additional fees are required unless you have signed up for unlimited YOGA/CYCLE/TRX/ROW) - Winter Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ROW & TRX 7:30-8:30 am Brian / Gym	CYCLE Express 7:00-7:50 am Leah / Gym	CYCLE 6:15- 7:15 am Anne Marie / Gym	ROW & Strength Express 6:15-6:50 am Leah / Gym	CYCLE 6:15- 7:15 am Elizabeth / Gym	
	YOGA 8:30-9:30 am Ellen / Charter Oak 3	YOGA 8:00-9:00 am Sarah / Charter Oak 3	ROW & Strength 7:30-8:30 am Brian / Gym	TRX 7:00-7:50 am Emmanuel / Gym	YOGA 7:30-8:30 am Ellen / Charter Oak 3	
CYCLE 8:00-9:00 am Cris / Gym		ROW & Strength 8:00-8:50 am Emmanuel / Gym	YOGA 8:30-9:30 am Kathy / Charter Oak 3			CYCLE 8:30-9:30 am Dawn / Gym
ROW & Strength 9:30-10:30 am Cris / Gym	CYCLE 9:30-10:30 am Liz / Gym		CYCLE 9:30-10:30 am Lindy / Gym	CYCLE 9:30-10:30 am Julia / Gym	CYCLE 8:45-9:45 am Liz / Gym	YOGA 9:30-10:30 am Jessie / Charter Oak 3
Mindful YOGA 1st Sunday of the Month 11:00-12:00 pm Bonnie / Maple						
	CYCLE 6:00-7:00 pm Dawn / Gym	TRX 6:00-7:00 pm Alicia / Gym	CYCLE 6:00-7:00 pm Heidi / Gym	TRX 6:30-7:30 pm Brian / Gym		

Reservations are Required for CYCLE/TRX/ROW (not YOGA)



Unlimited YOGA/CYCLE/TRX/ROW for just \$25 a month.

This offer is available exclusively to All-Inclusive, Wellness, and Lap Swim members (excludes Recreation and Pickleball members). All-Inclusive family members (ages 14+) may participate.

YOGA: Our certified yoga instructors teach a combination of three yoga practices. They include: Kundalini (breath & spinal awareness), Hatha (postures supporting flexibility and strength), and Astanga (utilizing full body strength and support).



CYCLE: This energized group cycling class will motivate you to reach your personal goals. Certified instructors will lead you on a journey to achieve cardiovascular health and fitness. It doesn't take any special skills or ability to ride a Stages SC3 bike, just a desire to change. Ride at your own pace! All fitness levels are welcome.

CYCLE + Strength - A head to toe workout with the combination of indoor cycling and strength training intervals using weights.



TRX: This cutting edge program builds strength, balance, and flexibility. It burns fat too. You control how easy or hard you want to work. Whether you are a professional athlete or just want to get back into shape, the TRX will help you reach your fitness goals. TRX Suspension Training harnesses your own body weight to create resistance as you workout and allows you to adjust the degree of difficulty, regardless of your fitness level, age or fitness goals.

ROW: **Row + Strength** - combinations of rowing intervals on the Concept 2 rowing machines with dynamic sculpt exercises for the perfect balance of cardio and strength training. 60 minutes of a low-impact, efficient, full-body workout all set to high energy music.

ROW & TRX - combinations of rowing on the Concept 2 rowing machines with TRX for the perfect balance of strength/balance and cardio training. 60 minutes of a low-impact, efficient, full-body workout all set to high energy music.

YOGA/CYCLE/TRX/ROW Cards expire 6 months from the date of purchase

10-class card: \$170 members, \$200 non-members

20-class card: \$300 members, \$360 non-members

drop-in: \$20 members, \$25 non-members

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