



# Group Fitness & Yoga Schedule

July 2017

1834 George Avenue  
Annapolis, MD 21401  
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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6 am	Total Fitness	6 am	Barre ☺ \$	6 am	Total Fitness	6 am	Kettle Bell	6 am	Cycle 45	8 am	Vinyasa Warm Yoga ☺		
6 am	TRX Interval ☺ \$	6 am	Cycle 45	6 am	Rise-n-Flow Yoga Express			6 am	TRX ☺ \$	8 am	Cycle 45		
9 am	Barre ☺	9 am	Vinyasa Yoga ☺	9 am	Barre ☺	9 am	Pilates Express	8 am	Yin Yoga ☺	8 am	Kettlebell		
9:10 am	Cycle 45			9:30 am	Vinyasa Yoga ☺	9 am	Yin Yang Yoga ☺	9 am	Barre Plus ☺ \$	8:30 am	TRX ☺ \$	9 am	Cycle 45
9:30 am	Vinyasa Warm Yoga ☺	9:30 am	Barre ☺	9:10 am	Cycle 45	9:30 am	Barre ☺	9:10 am	Power Pilates® Int/Adv Mat	9 am	Barre Plus ☺ \$	9 am	Barre ☺
10 am	TRX Interval ☺ \$	9:30 am	Pilates Total Fitness	9:10 am	Power Pilates® Intermediate Mat	9:30 am	Resist-a-Ball® Cardio Strength	9:10 am	Cycle 45	9 am	Total Fitness	9:30 am	Vinyasa Yoga ☺
11 am	Core ⚡	10:30am	Stretch & Balance ⚡	10 am	TRX ☺ \$	10:10 am	Core ⚡	9:30 am	Vinyasa Yoga ☺	9:30 am	TRX Interval ☺ \$	9:30 am	Vinyasa Yoga ☺
								10 am	TRX ☺ \$	10:10 am	Power Pilates® Intermediate Mat	10 am	Beginner Mat Focus
								10:30 am	Stretch & Balance ⚡	10:05 am	Pilates Equipment \$	10:10am	Total Fitness
12 pm	HIGH Fitness 45	12 pm	Barre	12 pm	Kettle Bell	12 pm	Barre ☺	12 pm	Vinyasa Yoga ☺	11:10 am	Power Pilates® Beginner Mat ⚡	11 am	Yin Yoga ☺ ⚡
12 pm	Vinyasa Yoga ☺	12 pm	Slide Express	12 pm	STRONG by Zumba	12 pm	TRX Interval ☺ \$	12:10 pm	Pilates Total Fitness	11:30 am	Newbie Yoga Workshop ⚡ \$ (August 5)	11 am	Tower \$
12:10 pm	Power Pilates® Intermediate Mat	12 pm	TRX ☺ \$	12 pm	Yin Yoga ☺ ⚡	12 pm	YinYang Express ☺					3:30 pm	Karma Yoga
		12 pm	Yin ☺										
		4 pm	Yin Yang Nidra ☺	4:30 pm	HIIT Cycle/Burn	4:30 pm	Vinyasa Yoga ☺						
5:10 pm	Core ⚡	5:10 pm	Total Fitness	5:00 pm	Vinyasa Yoga ☺	5:30 pm	Total Fitness						
5:30 pm	TRX ☺	5:30 pm	Barre Plus ☺ \$	5:10 pm	Core ⚡								
5:30 pm	Vinyasa Warm Yoga ☺												
6 pm	Slide Strength 45	6 pm	Vinyasa Yoga ☺	6 pm	Kettle Bell								
6:15 pm	Cycle 45			6 pm	Barre ☺			6 pm	Community Yoga				
6:30 pm	Int. Mat Focus	6:30 pm	Beg. Mat Focus	6:30 pm	Yin Nidra ☺ ⚡	6:30 pm	Int. Mat Focus						
7 pm	Yin Nidra ☺ ⚡												

### Key

- ☺ Included in MindBody Membership (requires additional fee for other members and non-members)
- ⚡ Recommended for post-rehab and beginner wellness programs
- \$ Additional fees apply – please see the Front Desk to register

Class Card includes all classes except those with \$

### Hours of Operation

Mon-Thurs: 5:30 am – 9:30 pm  
Friday: 5:30 am - 8:30 pm  
Saturday: 7 am – 5 pm Sunday: 8 am – 5 pm

### Childcare Hours

Monday - Thursday: 8 am – 2 pm and 3:30 pm – 7:30 pm  
Friday: 8 am - 2 pm  
Saturday: 8:00 am - 12:30 pm Sunday: 8:30 am – 12:30 pm

## POWER PILATES

**Beginner Mat Focus** – Learn beginner Pilates mat exercises in a more intimate setting with more individual instruction. Beginner Mat Focus takes into account your specific needs so you can gain confidence needed to segue into group beginner and intermediate mat classes. We recommend attending Beginner Mat Focus between 7 and 10 times. Limited to 7 participants. Online sign up required.

**Beginner Pilates Mat** – Perfect for creating stability in the hips and spine, and building core muscles and flexibility. Please attend at least 10 Beginner Mat classes before progressing to Intermediate Mat. 45 minutes

### **Intermediate Pilates Mat**

This group class is designed for the intermediate to advanced Pilates student. You will continue to build stability and strength, and will stretch while increasing stamina by focusing on the flow of each exercise and their transitions. 45 minutes

### **Intermediate Mat Focus**

Experience and learn intermediate Pilates mat exercises in a more intimate setting with more one on one instruction. Limited to 7 participants. Online sign up required.

### **Intermediate/Advanced Pilates Mat**

Appropriate for consistent and seasoned Pilates Mat students. Flowing intermediate mat mixed with advanced exercises to give you the opportunity to grow and challenge your Pilates workout.

### **Pilates Total Fitness**

Begin with basic Pilates Mat work to build a strong foundation in the hips and spine. After mat work, the intensity increases with a combination of resistance training and stretching. You may use small hand weights and your own body weight for a fun, yet challenging total body workout. 55 minutes

## EVOLVE YOGA

Refer to our Yoga Class schedule for descriptions and details about yoga classes.

## FITNESS

### **CORE**

Maximize your time and energy with this creative PhysioBall & BOSU workout focused on finding CORE strength and balance. Progressive resistance, postural stability, and motor coordination are challenged with emphasis on proper form and technique to ensure optimal strength and conditioning.

### **HIGH Fitness**

HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography. "Body Sculpting Fun" Get Addicted to being fit!

### **Kettle Bell**

Your body is trained as a whole with emphasis on the core and back muscles. Kettle Bell training is recommended for individuals with healthy backs and shoulders. Please see an instructor if more information is needed. Foundations class is strongly recommended for beginners.

### **Resist-A-Ball Cardio Strength**

Experience the fun of taking the Resist-A-Ball® to new dimensions that combine aerobic moves and strength exercises in intervals, resulting in a great workout. The rhythmic cardio movements will elevate the heart rate with challenging strength work that emphasizes core training.

### **Slide Express & Slide Strength 45**

Lateral Motion Training using the Reebok Slides! Express is 30 min. of low impact cardiovascular training strengthening ankles, knees, hips, low back and core. Slide Strength 45 includes more upper body and core strengthening for a 45 min. total body workout.

### **Stretch & Balance**

Practice your balance and relax by stretching head to toe. Special emphasis is given to the lower back. All levels welcome.

### **STRONG by Zumba**

Definitely more Boot Camp than Booty Shake! This new format from Zumba is based in high intensity interval training but still focuses on moving to the beat. Think of it as boot camp choreography...a bass that puts you in a squatting trance!

### **Total Fitness**

This challenging total body workout includes cardio segments plus strength work focusing on upper and lower body, including core and a full body stretch to improve mobility. Each trainer delivers their own personal take on how to get a full body workout in a short time.

## INDOOR CYCLING

### **Cycle 45**

Let's RIDE! Through a series of aerobic and anaerobic drills, indoor cycling provides the ultimate calorie burn while building cardiovascular strength and health. Classes are 45 minutes. Prepare to leave feeling totally energized!

### **HIIT Cycle and Burn**

30 minutes of high intensity cycling paired with 30 minutes of high intensity strength and conditioning. This class is the perfect opportunity to push to the next level - whatever that level is. Open to all fitness levels; work at your own pace with coaching to push your limits safely and effectively.

## SMALL GROUP TRAINING

Barre, Barre Plus, TRX and yoga classes are included in Mind Body Memberships. Register 7 days in advance.

### **Barre** 🌀

Barre is a results driven, high energy, no impact workout done at the ballet barre. Part precision, part flow, this powerful workout requires concentration and control as each movement is performed at tempo, while keeping the core engaged.

### **Barre Plus** 🌀 \$

What's the Plus? Plus is more calorie burning activity! This unique workout is designed to trim up, tone and transform the body with a fusion of barre basics, low impact cardio, pilates, and resistance training. By blending dynamic movement with calorie-blasting cardio, Barre Plus delivers one powerful workout with amazing results.

### **Pilates Group Equipment** \$

This classical Pilates workout will incorporate matwork, reformer, high chair, wunda chair and Cadillac for a full body workout. You must have at least 5 private sessions before attending a group class. Please see the Front Desk for Beginner Package specials.

### **TRX** 🌀 \$

Known as Suspension Training, this functional method of training brings versatility to your workout routine. This class is designed to increase strength, balance, flexibility and maximize core function. We strongly recommend attending our monthly TRX Clinic.

### **TRX Interval** 🌀 \$

Our TRX Interval training sessions also include the use of additional equipment like kettlebells, weighted balls, jump ropes, BOSU or other tools to add another dimension to suspension training. Prepare to be challenged on and off the TRX system!

