

Group Fitness & Yoga Schedule

October 2017

1834 George Avenue
Annapolis, MD 21401
410.224.7220

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 50	8 am	Vinyasa Warm Yoga ☺				
6 am	TRX Interval ☺ \$	6 am	Cycle 50	6 am	Rise-n-Flow Yoga Express ☺			6 am	TRX ☺ \$	8 am	Cycle 50				
9 am	Barre ☺	9 am	Vinyasa Yoga ☺	9 am	Barre ☺	9 am	Yin Yang Yoga ☺	8 am	Yin Yoga ☺	8 am	Kettlebell				
9:10 am	Cycle 50	9:30am Barre ☺		9:10 am	Cycle 50	9:30am Barre ☺		9 am Barre ☺	9:10 am	Cycle 50	8:30 am	TRX ☺ \$	9 am	Cycle 50	
9:30 am	Vinyasa Warm Yoga ☺	9:30 am	Pilates Tabata	9:10 am	Power Pilates® Intermediate Mat	9:30 am	Resist-a-Ball® Cardio Strength	9:10 am	Power Pilates® Intermediate Mat	9:10 am	Slide-n-Strength	9 am	Barre ☺	9 am	Barre ☺
10 am	TRX Interval ☺ \$			9:30 am	Vinyasa Yoga ☺	10 am	TRX ☺ \$	9:30 am	Vinyasa Yoga ☺	9:30 am	TRX Interval ☺ \$	9:30 am	Vinyasa Yoga ☺	9:30 am	Vinyasa Yoga ☺
		10:30am	Stretch & Balance 🤿	10 am	TRX ☺ \$			10 am	TRX ☺ \$	10:05 am	Pilates Equipment \$	10:05 am	Pilates Equipment \$	10 am	Beginner Mat Focus
11 am	Core 🤿			11 am Core 🤿				10:30 am	Stretch & Balance 🤿	10:10 am	Power Pilates® Intermediate Mat	10:10 am	Power Pilates® Intermediate Mat	10:10am	Total Fitness
								11:30am Barre Yoga Flow ☺		11:10 am	Power Pilates® Beginner Mat 🤿	11:10 am	Power Pilates® Beginner Mat 🤿	11 am	Yin Yoga ☺ 🤿
12 pm	HIGH Fitness 45	12 pm	Barre ☺	12 pm	Kettle Bell	12 pm	Barre ☺	12 pm	Vinyasa Yoga ☺	11:30 am	Newbie Yoga Workshop 🤿 \$ (Oct 14, Nov 4)			11 am	Tower \$
12 pm	Vinyasa Yoga ☺	12 pm	TRX ☺ \$	12 pm	ZUMBA 45	12 pm	TRX Interval ☺ \$	12:10 pm	Pilates Total Fitness			3:30 pm	Community Yoga		
12:10 pm	Power Pilates® Intermediate Mat	12 pm	Yin ☺	12 pm	Yin Yoga ☺ 🤿		12 pm	YinYang Express ☺							
		4 pm	Yin Yang Nidra ☺												
5:10 pm	Core 🤿	5:10 pm	Total Fitness	5:00 pm HIIT Cycle/Burn											
5:30 pm	TRX ☺ \$			5:10 pm	Core 🤿	5:00 pm Vinyasa Yoga ☺									
5:30 pm	Vinyasa Warm Yoga ☺			5:30 pm Vinyasa Yoga ☺		5:30 pm	Total Fitness								
6 pm Slide-n-Strength		6 pm	Vinyasa Yoga ☺	6 pm	Kettle Bell										
6:15 pm	Cycle 50			6 pm	Barre ☺										
6:30 pm	Int. Mat Focus	6:30 pm	Beg. Mat Focus	6 pm Tower \$		6:30 pm	Int. Mat Focus			6 pm	Community Yoga				
7 pm	Yin Nidra ☺ 🤿			7:00 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
- \$ 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.

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

Pilates Tabata

This class will fire up your core with 25 minutes of Pilates, then fire up your metabolism with a Tabata interval workout using your bodyweight and various props. A quick and effective workout that will keep your metabolism stoked for hours!

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.

Stretch & Balance

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

Zumba

Each Zumba® class is designed to bring people together to sweat it on! ZUMBA takes the "work" out of workout, by mixing low-

intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Super fun? Check and check.

Slide-n-Strength

Lateral Motion Training using the Reebok Slides, low impact cardiovascular training that strengthens ankles, knees, hips and low back; combined with strength intervals and core work for a total body workout.

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 50

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 50 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, 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 Yoga Flow

The best of both! A 20 minute vinyasa style warm-up followed by 20 minutes of barre (seat, thigh, core). The final 20 minutes includes yoga poses, deep stretches, and savasana. A lovely blend for your body, mind and spirit!

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.

Tower \$

Enhance your core connection! This challenging class is recommended for clients who have taken mat classes and wish to expand their pilates practice. By utilizing the pilates wall unit (tower), you will lengthen your muscles while strengthening your core. Space is limited to 7 participants.

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. Space is limited to 10 participants

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! Space is limited to 10 participants

