



# Group Fitness & Yoga Schedule

March 2018

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	CrossCore \$	8 am	Cycle 50		
9 am	Barre	9 am	Vinyasa Yoga ☺	9 am	Barre	9 am	Therapeutic Yoga Flow	8 am	Yin Yoga	8 am	Kettlebell		
9:10 am	Cycle 50			9:10 am	Cycle 50			9 am	Barre	8:30 am	TRX \$	9 am	Cycle 50
9:30 am	Yin Yang Yoga	9:30 am	Barre ☺	9:10 am	Power Pilates® Intermediate Mat	9:30 am	Barre	9:10 am	Power Pilates® Intermediate Mat	9 am	Barre	9 am	Barre
		9:30 am	Pilates Tabata	9:30 am	Vinyasa Yoga	9:30 am	Cycle Ball	9:10 am	Cycle 50	9:10 am	Slide-n-Strength	9:30 am	Barre
10 am	TRX Interval \$	10:30am	Stretch & Balance ⚡	10 am	TRX \$			9:30 am	Vinyasa Yoga	9:15 am	Cycle 50	9:30 am	Vinyasa Yoga
11 am	Core ⚡			11 am	Core ⚡			10 am	TRX \$	9:30 am	TRX Interval \$	10 am	Beginner Mat Focus
								10:30 am	Stretch & Balance ⚡	9:30 am	Vinyasa Yoga	10 am	Beginner Mat Focus
12 pm	Cycle 50	12 pm	Barre	12 pm	Kettle Bell	12 pm	Barre	10:30 am	Stretch & Balance ⚡	10:05 am	Pilates Equipment \$	10:10am	Total Fitness
12 pm	Vinyasa Yoga	12 pm	CrossCore \$	12 pm	ZUMBA 45	12 pm	TRX Interval \$	11:30 am	Barre Yoga Flow	10:10 am	Power Pilates® Intermediate Mat	11 am	Yin Yoga ⚡
12:10 pm	Power Pilates® Intermediate Mat	12 pm	Yin Yoga	12 pm	Yin Yoga ⚡	12 pm	Yin Yang Yoga			11:10 am	Power Pilates® Beginner Mat ⚡	11 am	Tower \$
								12:10 pm	Pilates Total Fitness	11:30 am	Newbie Yoga Workshop ⚡ \$ (Mar 3, Apr two hours )	3:00 pm	Yoga for Emotional Well Being
		4 pm	Yin Yang Nidra	5:00 pm	HIIT Cycle/Burn	5:00 pm	Core ⚡	4:30 pm	Vinyasa Yoga				
5:30 pm	CrossCore \$	5:10 pm	Total Fitness	5:30 pm	Vinyasa Yoga	5:30 pm	Vinyasa Yoga	5:30 pm	Total Fitness				
5:30 pm	Therapeutic Yoga Flow			6 pm	Kettle Bell	6 pm	Barre	6 pm	Community Yoga				
6:15 pm	Cycle 50	6 pm	Vinyasa Yoga	6 pm	Barre	6 pm	Tower \$	6 pm	Community Yoga				
6:30 pm	Int. Mat Focus	6:30 pm	Beg. Mat Focus	6 pm	Tower \$	6 pm	Yin Nidra ⚡	6 pm	Community Yoga				
7 pm	Yin Nidra ⚡			7:00 pm	Yin Nidra ⚡			6:30 pm	Int. Mat Focus				

Check out our App for Special Pop-Up Classes this winter!

**Key**

⚡ 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

**Health | Fitness | Wellness**

**Childcare Hours**  
Monday - Thursday: 8 am – 2 pm and 4 pm - 8 pm  
Friday: 8 am - 2 pm  
Saturday: 8:00 am - 12:30 pm Sunday: 8:30 am – 12:30 pm

## **POWER PILATES**

**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. 50 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. 50 minutes

### **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 will use small hand weights and your own body weight for a fun, yet challenging total body workout. 50 minutes

### **Pilates Tabata**

This class will fire up your core with 25 minutes of Pilates, then fire 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**

Please refer to our Yoga Class schedule for descriptions and details about the 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.

### **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.

### **Stretch & Balance**

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

### **Slide Strength**

Lateral Motion Training using the Reebok Slides, low impact cardiovascular training that strengthens ankles, knees, hips and low back, combined with strength intervals 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.

### **ZUMBA®**

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!

### **SMALL GROUP TRAINING**

Register 7 days in advance for Barre, CrossCore, Cycle, TRX and yoga classes to reserve your spot! No Show fees apply due to limited space

### **Barre**

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!

### **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.

### **CrossCore RBT**

Unlock your potential with our newest class! CrossCore, Rotational Bodyweight Training, offer all the benefits of traditional bodyweight training and adds instability, rotation and dynamic tension to further challenge your balance and core engagement. TRX experience recommended.

### **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!

### **Cycle-n-Ball**

Begin with 30 minutes of cycling to target your heart, lungs and legs then finish with 30 minutes of stability ball training focusing on upper body strength and total body mobility to complement the cycling portion of the class.

### **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.

### **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 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. Use the pilates wall unit (tower) to lengthen your body and strengthen your core. 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 the monthly TRX Clinic.

### **TRX Interval \$**

Our TRX Interval training sessions 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!

