



Group Fitness & Yoga Schedule

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

