



Naik Family Branch—Wellness Class Schedule Fall Session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:00am Spin Tim — SS		5:15am-6:00am Spin Jen — SS		5:15am-6:00am Spin Jen — SS		
		6:00am-6:45am Pilates Noreen — YS				
	7:00am-7:45am Spin Kyla— SS		7:00am-7:45am Spin Kyla— SS	7:00am-7:45am Spin Heather — SS		7:45am-8:30am Spin Heather — SS
					8:00am-9:00am Vinyasa Flow Yoga Jasmine — YS	
8:15am-9:00am Senior Wellness Marion — Gym		8:15am-9:00am Senior Wellness Marion — Gym		8:15am-9:00am Senior Wellness Jasmine — Gym		
9:00am-9:45am Barre Yolla — WS	9:00am-9:45am Total Body Conditioning Yolla — Gym	9:15am-10:00am Strength Cheryl —Gym	9:00am-9:45am Total Body Conditioning Yolla — Gym		9:15am-10:00am Spin Bill— SS	9:15am-10:00am Body Sculpt Kyla— WS
10:00am-10:30am HILIT Yolla — WS	10:00am-10:45am Stretch Yolla — YS		10:00am-10:45am Stretch Yolla — YS		<p>WS = Wellness Studio YS = Yoga Studio SS = Spin Studio Gym = Gymnasium</p> <p>* Indicates a Registered or Advanced Sign Up class</p> <p>SMALL GROUP TRAINING Personal Training is taken to a new level with the group option! Gather two or three of your friends for a cost effective method to personal training!</p> <p>Beginner Moderate Advance All Levels</p>	
				9:45am-10:45am Zumba Jill— Gym		
			4:30pm-5:15pm Spin Billi-Jean — SS			
	5:30pm-6:15pm Spin Kris-Anne — SS	5:30pm-6:30pm Zumba Kelly— Gym				
6:00pm-7:00pm Fusion Anna — Gym	6:00pm-6:45pm Barre Stacey — WS		6:00pm-7:00pm Basic Yoga Jasmine — YS			

LOWER INTENSITY

Senior Wellness Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

Stretch Combine core strengthening, muscle toning and flexibility.

Basic Yoga The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress while creating body awareness.

MODERATE INTENSITY

Body Sculpt: A total body class using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout.

Barre: This workout is a series of movements that strengthen the entire body and insures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates and the flexibility of Yoga.

Total Body Conditioning A full body muscle workout focused on functional strength, core conditioning, and flexibility

Pilates: Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises

Zumba: Come Join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!

Vinyasa Flow Yoga: A yoga class that strings postures together so that you move from one to another seamlessly to achieve a continuous flow.

HIGH INTENSITY

Strength: Challenge yourself, build strength, develop endurance, and improve balance and coordination in a variety of strength training exercises

HILIT: High Intensity Low Impact Training (HILIT) is a style of high-intensity interval training that is focused on getting a person to muscle fatigue. It reduces the amount of impact involved on the joints during the workout.

Fusion: This hybrid class fuses several different workouts into one combining both cardio movements and sculpting to make your body feel stronger. A combination of high energy cardio and muscle toning in a total body workout.

All Levels

Spin: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.