



## GROUP EXERCISE CLASS SCHEDULE - ALSO ON APP

|    |      | M          | T    | W          | TH   | F | S          | SN |
|----|------|------------|------|------------|------|---|------------|----|
| AM | 9:00 |            |      |            |      |   | KICKBOXING |    |
|    |      |            |      |            |      |   |            |    |
| PM | 7:00 |            |      |            | YOGA |   |            |    |
|    | 8:00 |            | YOGA | YOGA       |      |   |            |    |
|    |      | KICKBOXING |      | KICKBOXING |      |   |            |    |

**KICKBOXING (MMA AREA)** - Starts with a cardio warm-up as instructors teach the basic moves that will be performed in each class. Classes end with cool-down moves and stretching designed to build endurance and strength, keeping the muscles flexible, strong, and healthy. Participants will work with a partner for the bulk of the class and techniques taught and practiced include kicks, punches, elbows, knees, clenching, sweeps, and self-defense strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility. This class will develop your body and mind while having FUN and is perfect for anyone looking to get in a great workout or desire to take it to the next level!

**(Required: 10-16oz Boxing Gloves. Shin Guards and Mouthguard recommended but not required.)**

**YOGA (YOGA STUDIO)** - This is a powerful Vinyasa style of practice. You can expect a mixture of strong, creative flow, static postures, and drill sequencing that will lift your heart rate, build strength, and enhance mobility. Linking breath to movement, this class is taught in a "heated studio" which makes it a vigorous and revitalizing form of yoga where you'll be guaranteed to work up a sweat! **(Required: Yoga Mats.)**

**TOWELS REQUIRED**

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