

MOREY COURTS FITNESS

August 2017

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpt Paula 8/7 and 8/14 Tori 7:45-8:45a ----- Senior Fitness Paula 8/7 and 8/14 Tori 9:00-10:00a ----- Morning Vinyasa Yoga Jennifer J 10:15-11:15a ----- Step/Sculpt Cindy 5:30-6:30p ----- Kettlebell Paula 6:00-7:00p	Morning Vinyasa Flow Jennifer J 10:15-11:15a ----- Muscle Up Cindy 5:30-6:15p ----- TRX® Paula 6:30-7:15p	Body Sculpt Paula 8/2 Jennifer O 7:45-8:45a ----- Senior Fitness Paula 8/2 Jennifer O Tori 8/30 9:00-9:45a ----- Morning Vinyasa Flow Jennifer J 10:15-11:15a ----- Kettlebell Paula 6:00-7:00p	Restorative Yoga Mary Beth 9:00-10:15a ----- TRX® Paula 5:30-6:15p -----	Body Sculpt Jenna 8/11 Tori 7:45-8:45a NO CLASS 8/4 and 8/18 ----- Senior Fitness Jenna 8/11 Tori 9:00-10:00a NO CLASS 8/4 and 8/18 ----- Hatha Yoga Margaret 11:00-12:00p NO CLASS 8/18 -----	August 5th TRX Paula 9:00-9:45a ----- August 12th Hatha Yoga Margaret 9:00-10:00a ----- August 19th NO CLASSES ----- August 26th Muscle Up Cindy 9:00-10:00a

FEES

Specialty Classes/Pro Classes

All Members: \$3.00/class
 Nonmembers: \$8.00/class
 Senior Nonmembers: \$5.00/class
 Member Punch card: 12 for \$30.00
 Nonmember Punch card: 12 for \$84.00

Signature Classes:

All Members: Free
 Nonmember: \$5.00/class
 Senior Nonmembers: \$3.00/class
 Nonmember Punch card: 10 Sessions(Adult): \$40.00

Signature Classes:

Body Sculpt: A total-body work-out designed to strengthen and tone muscles through the use of medicine balls, body bars, BOSUs, body bands, stability balls and dumbbells. *All Levels*

Muscle Madness: Circuit/HIIT style format class designed to give you maximum cardio benefits in minimal time spent. Low impact and high impact polymeric movements will be performed in intervals with short rest periods. *All levels*

Muscle Up: A total-body workout, weights mixed with cardiovascular intervals. *All levels*

Senior Fitness: Have fun while staying active! Designed with the senior in mind, all aspects of physical fitness are incorporated in order to keep you at your best so you can keep doing the things that you enjoy! **ALL FITNESS LEVELS**

Stretch & Strength: A mixture of pilates and yoga, all around body sculpting, core strengthening, combined with stretching to work your mind, body and soul. *All Levels*

Step/Sculpt: Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. Look for this class on Saturdays, too! *Moderate/Advanced*

Total Body Blast: Maximize your workout with this cardio and muscle strength interval class. The intervals will include short cardio bursts followed by strength training and sculpting. A variety of equipment will be utilized". *All Levels.*

Specialty Classes:

Easy Ride/Cycling: Because you are riding your own individual bike, you are able to ride at your own intensity level within the structure of the class. So, come to experience a ride that will improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! The ride is YOURS! *All Levels.*

Kettlebell: A Kettlebell is a traditional Russian cast iron weight that resembles a cannonball with a handle. This class will incorporate a variety of exercises to enhance one's muscular and cardiovascular fitness. You will be carefully transitioned and instructed on how to perform each exercise. *All Levels*

****Participants must attend an Intro to Kettlebell class before attending this class****

Partner Yoga: Harmonizing breath body and soul. While working with pranayama and asana. Partner can be a spouse or friend!

TRX®: This class utilizes the TRX Suspension Training System for a complete resistance, cardio, core, balance and flexibility workout. The TRX is a strap with two handles that is suspended from above. *All Levels*

Strengthen and Surrender: This class will start with a normal vinyasa to warm and strengthen the muscles and we will finish with some myofascial release and restorative poses, a little "body maintenance.

Vinyasa Yoga: Enjoy this active journey that will feature challenging poses with a focus on increasing energy with the mind/muscle connection brought through breathing and mental awareness. Classes are vinyasa style with a focus on improving flexibility, strength and balance.

Pro Classes:

ProExtreme: High Intensity Interval Training (HIIT) class designed to give you maximum cardio benefits in minimal time spent. Low impact and high impact polymeric movements will be performed in intervals with short rest periods. Each class will be primarily cardiovascular in design with resistance training as a bonus. Our class will be a community environment in which members both support and challenge one another. Our goal will be to exercise the body in scenarios where strength is being challenged, weaknesses in coordination or balance are being addressed, and mental fortitude and awareness are working together to guide the body to greater gains and success in order to break through physical plateaus. *Advanced level*