

MOREY COURTS FITNESS

October 2017

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpt Jentri Jennifer subs 10/2 7:45-8:45a ----- Senior Fitness Jentri Paula subs 10/2 9:00-10:00a ----- All Level Vinyasa Mary Beth 10:15-11:15a ----- Step/Sculpt Cindy 5:30-6:30p ----- Kettlebell Paula 6:00-7:00p	Hatha Yoga Margaret 10:15-11:15a NO CLASS 10/10 ----- Muscle Up Cindy 5:30-6:15p ----- TRX® Paula 6:30-7:15p	Body Sculpt Jennifer O 7:45-8:45a ----- Senior Fitness Jentri Jenna subs 10/4 9:00-9:45a ----- Buti Crunch Barb 5:30-6:30p ----- Kettlebell Paula 6:00-7:00p	DDP Yoga Paula Start 10/12 5:30-6:15a ----- Restorative Yoga Mary Beth 10:00-11:15a ----- TRX® Paula 5:30-6:15p -----	Body Sculpt Jentri 7:45-8:45a Jenna subs 10/6 ----- Senior Fitness Jentri Jenna subs 10/6 9:00-10:00a ----- Hatha Yoga Margaret 11:00-12:00p NO CLASS 10/13 -----	October 7th Muscle Up Cindy 9:00-10:00a ----- October 14th TRX® Paula 9:00-10:00a ----- October 21st NO CLASS ----- October 28th Zumba Judi 8:15-9:15a -----

FEEES

Specialty Classes/Pro Classes ALL Members: \$3.00/class Nonmembers: \$8.00/class Senior Nonmembers: \$5.00/class 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
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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*

Buti Crunch – is a mixture of body movement and dynamic moves using mostly your body and with no or very little product. Working deep core and glutes engaging in various movements. A little shaking and dancing involved to empower the cardio workout and mind. Always evolving and each class changes and is different and unique in its own way.

DDP Yoga:DDP YOGA isn't your momma's yoga! It combines the very best of Yoga, Traditional Fitness, Sports Therapy and Dynamic Resistance to create one of the most effective fitness plans in existence today that anybody can do! Heart Rate monitor suggested. This class will start out with DVDs and turn into a regular specialty class. It will run anywhere from 30-60 minutes.

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**

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:

Hatha Yoga: Is a combination of pranayama (breathing exercises), asana (yoga poses) and meditation. It focuses on flexibility, strength and stamina of the body and the mind. A gentle, slower pace than Vinyasa yoga, it is appropriate for people of all ages and physical conditions.

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*****

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*

Vinvasa 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.