



# JUNE FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>HIIT*</b> <b>5:35-6:20 AM</b> <b>Krista</b>			
<b>BOOTCAMP</b> <b>6:15-7:00 AM</b> <b>Maria</b>	<b>SPINNING</b> <b>6:15-7:00 AM</b> <b>Jacob</b>	<b>GENTLE YOGA</b> <b>6:30-7:30 AM</b> <b>Whitney</b>		<b>20/20/20</b> <b>6:00-6:55 AM</b> <b>Krista</b>	
<b>YOGA FOR GOLF*</b> <b>8:30-9:30 AM</b> <b>Bridget</b>			<b>YOGA FOR TENNIS*</b> <b>8:00-9:00 AM</b> <b>Bridget</b>		
	<b>BOOTCAMP</b> <b>9:15-10:10 AM</b> <b>Krista</b>	<b>SPINNING</b> <b>9:15-10:00 AM</b> <b>Krista</b> <b>7<sup>th</sup>, 21<sup>st</sup></b>	<b>SUNBODY</b> <b>BOOTCAMP*</b> <b>9:15-10:00</b> <b>Krista</b>		<b>PILATES MAT</b> <b>9:00- 10:00 AM</b> <b>Bryndi</b>
<b>YOGA FLOW*</b> <b>9:45-10:45 AM</b> <b>Bridget</b>				<b>STRETCH &amp; RECOVERY*</b> <b>10:00-10:45 AM</b> <b>Krista</b>	
<b>LET'S KICK IT*</b> <b>12:00-12:55 PM</b> <b>Maria</b>		<b>PILATES MAT EXPRESS</b> <b>12:15-1:00 PM</b> <b>Katie</b>			
<b>Youth Summer*</b> <b>Fitness (9-12 yo)</b> <b>3:00-3:45</b> <b>Krista</b>			<b>Youth Summer*</b> <b>Fitness (13-16 yo)</b> <b>3:00-3:45</b> <b>Krista</b>		
<b>Cardio &amp; Core*</b> <b>4:00-4:45</b> <b>Maria</b>	<b>GOLF</b> <b>CONDITIONING*</b> <b>6:00-6:55 PM</b> <b>Krista</b>				

•Please register for classes on **Mindbody** as there are a limited number of spots available. Walk-ins are welcome given there is space available.

•Check for class cancellations via **Mindbody** before attending.

\*Fee based classes are highlighted\* Must purchase before participating. Minimum of 4 participants required for classes to take place.

•For questions please contact Krista at [fccfitness@gmail.com](mailto:fccfitness@gmail.com)

•Class description located on back→

**Bootcamp:** A full body workout that involves strength, cardio, plyometrics, functional training and fun! This class will test you to push yourself.

**Yoga for Golf:** Will focus on exercises that will help improve your golf game! Increasing muscular strength to help achieve a more powerful golf swing; muscular endurance to help you perform at a high level for a sustained period of time; functional flexibility and mobility to assist with increases in clubhead speed and better accuracy, balance and stability. \$14/class

**Yoga Flow:** Linking poses together in a conscious way to help build flexibility, strength, focus and enjoy harmonizing the body, mind and spirit, going deeper within. All levels class! \$12/class.

**Let's Kick It:** High energy workout incorporating kickboxing and boxing drills to learn and/ or improve upon technique. Targets used to kick and punch for accuracy and power. Classes will increase cardio endurance, balance and strength! \$14/class

**Youth Summer Fitness:** Please contact Krista to register.

**Cardio & Core:** Core class to challenge your inner strength focus. Various core exercises to challenge your overall strength and conditioning. Focus will be on the core with cardio bursts in between to challenge your fitness as well. Modifications will be offered to accommodate all levels of fitness and strength. Come join us for an overall fitness challenge and take your core strength to a new level. \$12/class.

**Spinning:** Whether you're a novice or expert, road cyclist or mountain biker, come in and enjoy a great workout on the spin bikes. Spinning will enhance your speed, strength, and stamina, improve your overall physical health, and increase your caloric burn.

**Golf Conditioning:** Focuses on golf-specific muscular strength, stability and balance, postural control and the development of power. Designed to help increase club head speed through a powerful turn and improved hip mobility to start hitting the ball straighter and farther. Increase core strength, balance and stability.

**HIIT:** High intensity interval training. Quick bouts of higher intensity levels of exercises with minimal rest for those ready to work hard for 45 minutes!

**Gentle yoga:** Great class for beginners or anyone who is looking for a gentle practice. This class focuses on classic and restorative yoga poses, with an emphasis on foundation, breath and alignment. A wonderful way to reduce stress, increase flexibility, and find balance.

**Pilates Mat Express:** Experience the same principles and techniques taught in the Pilates mat class but this class will consolidate the work into 45 minutes. We will focus on postural and balance work in addition to working through the basic mat abdominal series.

**Yoga for Tennis:** Tennis is a tough sport- requiring rapid movement on the court, lunging, swinging and twisting... the body tends to be more developed on one side which can lead to pain in the back, hips, elbows, shoulders, and legs over time. Yoga for Tennis players focusses on increasing mobility, and balance in the muscles and spine. Yoga will also bring a state of calmness within, perfect for how hectic and competitive the court can be! \$14/class

**Sunbody Bootcamp:** Join us for a Bootcamp class that will take place solely outside in the sun! We will utilize minimal equipment and mostly body weight to show you what you can do with your own body weight and the world around you to get an effective workout. Remember sunscreen!

**20/20/20:** A quick and fast paced workout that flies by. This class involves 20 minutes of spinning, a 20-minute circuit including strength and cardio work, and 15-20 minutes of core exercises at the end. All skill levels welcome!

**Stretch & Recovery:** This class will focus on the recovery process of your physical well-being. We will work on active, passive, partner and SMR stretching and recovery techniques. Bring your foam rollers if you have them.

**Pilates Mat:** Building on the principles of Joseph Pilates, Pilates mat will focus on strengthening the core, or center of the body. The exercises are done in a classical order designed to strengthen and elongate muscles, increase flexibility, correct postural alignment, and balance the body thus decreasing the likelihood of injury. All levels welcome!