



SEPTEMBER FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOTCAMP 5:35-6:20 AM Maria		HIIT* 5:35-6:20 AM Krista			
	SPINNING 6:00-6:45 AM Jacob	GENTLE YOGA 6:30-7:30 AM Whitney		20/20/20 6:00-6:55 AM Krista	
	BOOTCAMP 9:15-10:10 AM Krista	SPINNING 9:15-10:00 AM Krista 6 th , 20 th			PILATES MAT 9:00- 10:00 AM Bryndi
	YOGA FLOW 10:30-11:30 AM Bridget		YOGA FOR TENNIS & GOLF* 10:30-11:30 AM Bridget		
LET'S KICK IT* 12:00-12:55 PM Maria		PILATES MAT EXPRESS 12:15-1:00 PM Katie		STRETCH & RECOVERY* 11:30 AM-12:15 PM Krista	
	YOGA FLOW* 5:00-6:00 PM Bridget		KIDS YOGA* 4:00-4:50 PM Whitney		
			GOLF CONDITIONING* 6:00-6:55 PM Krista		

- Please register for classes on **Mindbody** as there are a limited number of spots available. Walk-ins are welcome given there is space
- Check for class cancellations via **Mindbody** before attending.
- Fee based classes are highlighted* Class pricing may vary. Prices listed on Mindbody.
- For questions please contact Krista at 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.

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

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.

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 Golf/Tennis: This class will focus on exercises that will help improve your golf and tennis games! Increase muscular strength to help achieve a more powerful golf and tennis 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 speed and better accuracy, balance and stability. \$14/class

Kids' Yoga: Learn the basics of yoga, increase flexibility and have FUN! \$56/child for the entire 4-week series. Contact Krista to sign up.

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. \$16/class

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. \$12/class

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!