



# OCTOBER

## FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOTCAMP</b> 5:45-6:30 AM Krista		<b>HIIT*</b> 5:35-6:20 AM Krista			
	<b>SPINNING</b> 6:00-6:45 AM Jacob	<b>GENTLE YOGA</b> 6:30-7:30 AM Whitney		<b>20/20/20</b> 6:00-6:55 AM Krista	
<b>SKI CONDITIONING*</b> 9:00-9:50 AM Krista	<b>BOOTCAMP</b> 9:15-10:10 AM Krista	<b>SPINNING</b> 9:15-10:00 AM Krista 4 <sup>th</sup> , 25 <sup>th</sup>			<b>PILATES MAT</b> 9:00- 10:00 AM Bryndi
	<b>YOGA FLOW</b> 10:30-11:30 AM Bridget		<b>YOGA FOR TENNIS &amp; GOLF*</b> 10:30-11:30 AM Bridget		
		<b>PILATES MAT EXPRESS</b> 12:15-1:00 PM Marisa		<b>STRETCH &amp; RECOVERY*</b> 11:30-12:15 AM Krista	
	<b>KIDS YOGA*</b> 4:00-4:50 PM Bridget				
	<b>YOGA FLOW*</b> 5:00-6:00 PM Bridget		<b>SKI CONDITIONING*</b> 6:00-6:50 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](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.

**Ski Conditioning:** This strength and conditioning program is designed specifically for those who like to hit the slopes. It will increase strength, stamina, balance, flexibility, and endurance to keep you going all season long. 4-week series for \$64/option.

**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.

**Kids Yoga:** Come learn the basics of yoga, increase flexibility, and have fun! Be sure to wear costumes on Halloween. 5-week series for \$70.

**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 game! 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

**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!