



JANUARY 2018 FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOTCAMP 5:45-6:30 AM Krista			SPIN FUSION* 5:45-6:45 AM Sam		
	SPINNING 6:00-6:45 AM Jacob	GENTLE YOGA 6:30-7:30 AM Whitney		20/20/20 6:00-7:00 AM Krista	
SKI CONDITIONING* 9:00-9:50 AM Krista	BOOTCAMP 9:15-10:10 AM Krista	SPINNING 9:15-10:00 AM Sam 10 th , 24 th			PILATES MAT 9:00- 10:00 AM Bryndi
		HIIT* 10:00-10:45 AM Krista 17 th , 31 st	YOGA FOR TENNIS & GOLF* 10:30-11:30 AM Bridget	STRETCH & RECOVERY* 10:30-11:15 AM Krista	
BEGINNER WELLNESS* 12:00-12:45 PM Krista		PILATES MAT WITH PROPS 12:15-1:00 PM Marisa			
	SWINGS & SLAMS* 6:00-6:55PM Sam		SKI CONDITIONING* 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
- Class descriptions located on back→

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!

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

Beginner Wellness: If you're new to working out or it has been some time since you've last been into a fitness routine, this class is just for you! We will be working on the foundational building of fitness to get you started. \$15/class

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.

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!

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!

Pilates Mat with Props: Similar to the Pilates Mat class, this class will continue Joseph Pilates' classical sequencing while incorporating the use of props. Props can include the use of the magic circle, bands, balls, and light weights to challenge and deepen the mat workout.

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. \$18/class

Spin Fusion: An energetic mix of cycling and high intensity interval training with half the time spent on the bike and half circuit training with various pieces of equipment. This class will get your heart rate up while giving you a mix of cardio and strength training. This may in fact be the ultimate workout. \$15/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.

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

Swings and Slams: A high intensity class utilizing kettlebells, slam balls and a variety of other equipment to get your heart rate up and your body strong. This class will include a variety of interval training and strength to metabolically condition your body to be the best it can be. \$15/class

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. \$15/class