



JUNE 2018

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOTCAMP 5:45–6:30 AM Krista	SPINNING 6:00–6:45 AM Jacob	GENTLE YOGA 6:30–7:30 AM Whitney	SPIN FUSION* 5:45–6:45 AM Sam	20/20/20 6:00–7:00 AM Krista	
	BOOTCAMP 9:15–10:10 AM Krista	SPINNING 8:15–9:00 AM Sam 6 th & 20 th			
HIKING CONDITIONING* 9:00–9:55 AM Krista		ATHLETIC YOGA* 9:15–10:15 AM Nicole	VINYASA AL FRESCO* 9:15–10:15 AM Nicole Everitt Room/Outside		PILATES MAT 9:00–10:00 AM Marisa
		PILATES MAT WITH PROPS 12:15–1:00 PM Marisa	INTRO TO VINYASA YOGA* 10:30–11:30 AM Nicole		
		YOUTH YOGA* 3:00–3:45 PM Nicole	YOUTH FITNESS* 3:00–3:45 PM Krista		
			ATHLETIC YOGA* 5:30–6:30 PM Nicole		

- 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 the 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!

Athletic Yoga: Powerful yoga poses intended to increase balance and joint stability combined with strength and cardiovascular training. This practice will involve minimal floor work. Flexibility will be incorporated primarily in active movements. The cooldown portion will incorporate some stretching and time to soak in all the hard work. \$15/class

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

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.

Hiking Conditioning: Hiking season is here! Get yourself ready so you can conquer those trails with ease. This class will focus on strength, stamina, cardio, and conditioning specific to hiking. \$18/class

Intro to Vinyasa Yoga: A sequence of foundational poses intended to set you up for success in your yoga journey. This class will be vinyasa style; however, extra time to find proper alignment will be given during each pose. This class is a great place to start if you are new to yoga and to return to as you grow in your practice. Modifications will be offered for students of all abilities. \$15/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!

Pilates Mat 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 magic circle, bands, balls, and light weights to challenge and deepen the mat workout.

Spin Fusion: An energetic mix of cycling and high intensity interval training with half the time spent on the bike and half on 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.

Vinyasa Al Fresco: This low impact sequence of powerful yoga poses will be put together in a way to build muscular and cardiovascular endurance while also actively increasing flexibility. This class will be held in the open air either in the Everitt Room (gazebo) or on the pool lawn. \$15/class

Youth Fitness: This program will focus on providing knowledge and skills to safely exercise in the fitness facility as well as outside. It will incorporate strength training, cardio training, proper weightlifting techniques, and education on physical activity. \$20/class

Youth Yoga: This 45-minute class will give your youth the chance to burn off some energy while having a little fun. We will gear this class towards developing core strength, balance, and flexibility. Extra time will be spent learning how to get upside-down in some fun inversions to calm the mind and steady the body. \$20/class