

Group Fitness Schedule 1.2-3.23.19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 6:00-6:50 a.m. Erin Fitness Studio	Spinning 6:00-6:50 a.m. Beth Spin Room	Cardio Pilates 6:00-6:50 a.m. Christy Gymnasium <i>Format Change 1.23</i>	Boot Camp 6:00-6:50 a.m. Tanya Fitness Studio	Spinning 6:00-6:50 a.m. Beth Spin Room	Stretch 7:15-8:20 a.m. Christy Fitness Studio <i>No Class 1.19</i>
Pilates 8:00-8:50 a.m. Artie Fitness Studio	Senior Spinning 7:15-8:05 a.m. Laurie Spin Room	Pilates, Legs, & Weights 8:00-8:50 a.m. Artie Fitness Studio	Senior Spinning 7:15-8:05 a.m. Laurie Spin Room	Yoga 8:00-8:50 a.m. Artie Fitness Studio	Recap Cardio 8:30-9:20 a.m. Christy Fitness Studio <i>Format Change 1.19</i>
Spinning to Oldies 9:00-9:50 a.m. Laurie Spin Room	Interval Training 8:00-8:50 a.m. Teresa Fitness Studio	Stretch 8:00-8:50 a.m. Christy Gymnasium <i>No Class 1.23</i>	Interval Training 9:00-9:50 a.m. Michelle Fitness Studio	Senior Strength & Stretch 9:00-10:30 a.m. Laurie Fitness Studio	Spinning 9:00-9:50 a.m. Michelle Spin Room
10/10 9:00-9:50 a.m. Christy Fitness Studio	Pilates 9:00-9:50 a.m. Christy Fitness Studio	Yoga for EveryBODY 9:00-9:50 a.m. Artie Fitness Studio	Mix it Up! 10:00-10:50 a.m. Lisa Fitness Studio	Spinning 9:00-9:50 a.m. Teresa Spin Room	Pilates 9:30-10:20 a.m. Christy Fitness Studio
Senior Strength & Stretch 10:00-11:30 a.m. Laurie Fitness Studio	Mix it Up! 10:00-10:50 a.m. Lisa Fitness Studio	Boot Camp 9:00-9:50 a.m. Christy Gymnasium	Silver Sneakers Classic 10:00-10:50 a.m. Michelle Gymnasium	HITT 4:30-5:20 p.m. Christy Fitness Studio	SUNDAY
HITT 4:30-5:20 p.m. Christy Fitness Studio	Silver Sneakers Classic 10:00-10:50 a.m. Christy Gymnasium	Cardio Sculpt 5:30-6:20 p.m. Mary Fitness Studio	Free for Members		Total Body 10:00 a.m.-11:00 a.m. Mary Fitness Studio
Step & Sculpt 5:30-6:20 p.m. Christy Fitness Studio	Free for Members	Strength 6:30-7:20 p.m. Tanya Fitness Studio	Recap Cardio 5:00-5:50 p.m. Christy Fitness Studio		
Vinyasa Yoga 6:30-7:20 p.m. Molly Fitness Studio	Circuit Training 5:00-5:50 p.m. Christy Fitness Studio	Free for Members	Tabata Training 6:00-6:50 p.m. Christy Fitness Studio		
Spinning 6:30-7:20 p.m. Michelle Spin Room	Free for Members	Spinning and Abs 6:30-7:20 p.m. Michelle Spin Room	Free for Members		
Strength 7:30-8:20 p.m. Molly Fitness Studio	Spin & Strength 6:00-7:00 p.m. Christy Spin Room				
				FREE WEEK January 2nd-8th	
				PRICING	
				Member	Non Member
				20 Classes \$100	\$140
				Single Class \$7	\$10

10/10

The class will alternate between 10 minutes of low impact cardio and 10 minutes of strength. The strength portion will focus on 10 minutes of upper body and 10 minutes of core work.

Bootcamp

Knock out that workout early! Bootcamp format changes frequently, but one thing that stays the same is you will get a GREAT workout every time!

Cardio Pilates

Cardio Pilates will help improve your cardio vascular fitness and tone your body at the same time. The combined workout will also help improve your posture as well lose fat and build muscle. *This class is low impact.*

Cardio Sculpt

This class utilizes a variety of cardio formats including hi/lo, dance fusion, kick boxing, and step while incorporating body sculpting exercises with weights, bands, and other equipment.

Circuit Training

Suited for all fitness levels, this class is performed in stations. Rotating from strength to cardio utilizing your entire body.

High Intensity Interval Training (HITT)

High intensity interval training is a fast paced interval class geared to reduce fat mass and improve cardiovascular strength.

Interval Training

Get the most out of your workout with this variation of cardio and weights in timed intervals that will get your heart rate up while burning through the fat in your muscles.

Mix It Up!

If you hate doing the same workout twice, this is the class for you! Get a different workout every time that will challenge you to the max! Mix It Up incorporates cardio and toning exercises with modifications for all fitness levels.

Pilates

Increase flexibility, and strengthen muscles with these intense workouts. Pilates uses slow, controlled movements in the form of mat exercises to tone and strengthen body.

Pilates, Legs, & Weights

This class will incorporate basic Pilates moves, core work, legs, and resistance training.

Recap

A cardio class that includes 15 minutes of step, 15 minutes of kick boxing and 15 minutes of aerobics. All of these styles can be performed either high or low impact. Studies show that a regular cardio routine can reduce weight, high cholesterol and blood pressure.

Senior Strength and Stretch

Following a light warm up, a mix of strength training and core work followed by stretching with a heavy focus on form. A great Senior friendly full body workout.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Spinning

Crank up the energy and burn major calories fast in our indoor cycling class! Class is led by certified Spinning instructors, but each participant is in control of their ride and has the power to adjust their bikes to their preferred difficulty. Class has a variety of formats as noted in title. Space is limited in these classes so please call 314.842.7265 to reserve a bike (up to 48 hours in advance).

Step n' Sculpt

A classic cardio workout, that will be 30 minutes of step aerobics followed by sculpturing the arms and abs. For a higher intensity workout you can raise the step or for a lower intensity you can lower the step.

Strength

Weights and resistance work to develop muscular strength and endurance defining your upper body, core, hips and thighs. Added Pilates movements and a focus on flexibility round out this workout.

Stretch

This class will be held in the gymnasium on Wednesdays. On Wednesday the tools used are tennis balls, straps and the wall to provide deep muscle relief. On Saturdays this class will be held in the fitness room. The first 15 minutes is spent doing an "open stretch", allowing you to foam roll your entire body before focusing on each big muscle group. Then we go into a guided stretch opening up the entire body using tennis balls, straps, blocks and foam rollers. We end the class with a five minute "mental focus" to start the weekend off on a positive note.

Tabata Training

This class is based on the Tabata Training method of 20 seconds on an exercise and 10 seconds off. This class will rotate from cardio to strength. This class is suited for all fitness levels, allowing for both high and low impact options.

Total Body

Get a TOTAL BODY workout every time with this high energy class that combines cardio & weights! Use a variety of equipment from steps to bands with Cardio Kick boxing incorporated every couple of weeks.

Vinyasa Yoga

A discipline which uses a series of flowing postures linked by breath to strengthen and stretch the body while creating internal energy. (Intermediate)

Yoga

A discipline which uses physical postures, breathing techniques, and meditation to bring the body into a healthier state and allow the mind to open more freely. Beginners to advanced yoga practitioners can link breath to stretch and strengthen the body while creating internal energy.

Yoga for EveryBODY

This class is designed for every BODY-shape, size, flexibility or lack thereof. Designed for those with little to no yoga experience and those wanting to review the fundamentals of alignment, with options to move to the next level. Basic poses, easy flow of movement as well as breathing, techniques and some deep stretching poses (Yen Yoga). No experience is necessary.

Note

Class size may be limited due to equipment and space requirements. Please be courteous to other members and arrive on time. Instructors may deny access to the class if the class is full. Sunset Hills reserves the right to cancel any class on the basis of low attendance.

Sunset Hills

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