



GROUP FITNESS SCHEDULE

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yin Yoga 973551 8:30am-9:30am Sue	Barre 973560 8:30am-9:00am Caitlin	Yin Yoga 973562 8:30am-9:30am Sue	Hatha Yoga 973569 8:30am-9:30am Sue	Barre 973573 8:00am-8:30am Caitlin
Hatha Yoga 973555 6:15pm-7:30pm Sue	Hatha Yoga 973559 8:30am-9:30am Sue			Gentle Yoga 973574 8:30am-9:30am Sue
				<p>'LIKE' & follow us on Facebook for notifications on schedule updates, special events, inclement weather & other information. www.facebook.com/claudemooorecenter</p>
			Classes will be in mind body room	 Find us on Facebook
			Classes will be in gx studio upstairs	

ADA: Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you require a reasonable accommodation for any type of disability in order to participate call 571-258-3600. One week advance notice is requested.

Circuito Fuego — trabaje a cada grupo muscular principal, eleve su ritmo cardiac, forme musculo y quemee calorías.
Hatha Yoga – Traditional practice designed to restore the body and mind to a balanced state through a series of poses sequenced to detox the system and move energy through the body based on the science of yoga.
CM Bootcamp —focuses on muscle endurance. It uses various body weight and weight based exercises for a total body workout.
Indo Board Yoga – this class simulates stand up paddle board yoga without the hassle of getting in and out of the water. Take your yoga practice to the next level with this challenge of instability and added core strength.
Ultimate Circuit - Hit every major muscle group, elevate your heart rate, build muscle and burn calories with the ultimate circuit! Hit the optimal metabolic state for improved body composition.
Tabata – An interval training class with a strict format designed to maximize fat burning through short bursts of concentrated effort. Tabata combines strength and cardio and helps improve cardio conditioning.
Moore Fit —a functional strength training class utilizing weight training with high intensity intervals, all designed to help you get stronger, more functional, more mobile, more conditioned and overall more fit.
Aqua Strong — This class will help those wanting to start a strength training program but are limited in the gym by range of motion, joint pain, mobility or overexertion. Let the buoyancy of the water help alleviate stress on the joints and pressure on the body.
Moore Mobile —This class will help you loosen up your muscles and soft tissue. A fusion of Yoga, athletic stretch, and mobility exercises, this class is a great active-rest & recover for the body after a tough workout or just a long day of work!
Moore Sculpted – A strength training class focused on increasing lean muscle in target areas such as the arms, glutes, thighs, shoulders and calves.
Myofascial Movement – Do you like that feeling you get after a great massage? This class is for you! Myofascial movements and self-massage techniques will free your fascia, restore elasticity to your body, and help you increase your flexibility and mobility. Release tension, alleviate pain, and leave feeling lighter, looser, and refreshed!
Yoga For Restful Sleep —Learn yogic practices that help lower stress and return your body and mind to their natural states of ease. Discover techniques for purifying the body and mind of toxins that lead to dis-ease, including the use of breathing practices, mantra repetition, affirmations, chanting, deep relaxation, meditation and imagery.
Tai Chi - Based on an ancient Chinese Martial Art, this class is a meditative movement exercise that promotes good posture, strength, flexibility, mental sharpness and an improved immune system.
Yin Yoga Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses 3 to 5 minutes. Class includes an hour of poses followed by 15 minutes of meditation (optional.)
Zen Zone — This session combines breath awareness, yin and restorative yoga practice to focus on stressing the connective tissues, fascia, and joints in a healthy way for enhanced strength and flexibility. Utilizing supportive props to support the body and long passive postures to encourage a passive release of mind and body tension, this session will
Vinyasa —A series of 19-20 postures done in a sequence held for 5 breaths per posture before moving to the next postures. It is the foundation and lineage of all yoga asana (postures).
Zumba - A total workout combining all the elements of fitness, cardio, muscular endurance, balance and boosted energy...with a serious dose of awesome every time you come to class.