## SEPTEMBERGROUP FITNESS

8/26/2021

## MONDAY

6:00pm-7:15pm	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
5:30pm-6:15pm	Barre w/ Caitlin in Upstairs Studio	973558
8:30am-9:30am	Yin Yoga w/ Sue in Multi-Purpose Room	973562

## **TUESDAY**

7:15am-8:00am	Barre w/ Caitlin in Upstairs Studio	973558
8:30am-9:30am	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
6:00pm-7:00pm	<b>Zumba</b> w/ Kelly in Upstairs Studio	973566

## WEDNESDA

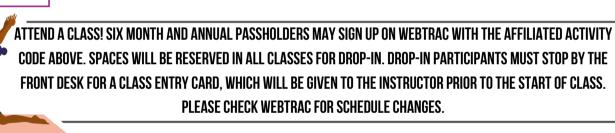
<b>8:30am-9:30am Yin Yoga</b> w/ Sue in Multi-Purpose Room <b>973562</b>			
	8:30am-9:30am	Yin Yoga w/ Sue in Multi-Purpose Room	973562



8:30am-9:30am	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
5:30pm-6:15pm	Barre w/ Caitlin in Upstairs Studio	973558
6:15pm-7:15pm	<b>Zumba</b> w/ Kelly in Upstairs Studio	973566



7:15am-8:00am Barre w/ Caitlin in Upstairs Studio 973558



Barre—A mix of elements from Pilates, yoga, and dance where moves are choreographed to music. In each energizing and targeted workout, you'll use the barre and exercise equipment to sculpt, slim and stretch your entire body

**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

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 an optional 15 minutes of meditation

**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.

Join the fitness email list to be notified of schedule changes! You can sign up online (RecTrac #973500) or at



