

GRAND REOPENING CELEBRATION

GROUP FITNESS SCHEDULE

September 29, 2018

- 11:30am - 12:25pm:** Boxing Class with Antonio Barrios in the Group Fitness studio
 - 11:30am - 12:25pm:** Cycle class with Audrey Yagod in the Cycle Studio
 - 12:30pm - 1:25pm:** **Training Camp** with Beth Bosker in the Group Fitness studio
 - 1:00pm - 1:55pm:** **Jock Yoga** with Jess Darzinkas in the Multi Gym
 - 2:00pm - 2:55pm:** Hatha Yoga with Jess Darzinkas in the Group Fitness studio
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Featuring Two **New** Classes:

Training Camp with Beth Bosker

Power, strength, balance, speed, agility, and flexibility are the hall marks of this class. It uses a circuit format to challenge class participants with a well-rounded complete workout. Its lots of fun and gets results.

Jock Yoga with Jessica Darzinkas

This class based on the principles of biomechanics and focused on strength and endurance, rather than flexibility. This class utilizes vigorous movement, standing and strengthening postures, and postures that aid in the stretching of athletic muscles/fascial lines. Paired with contemporary music, this class is designed to have a more universal appeal—for those with limited flexibility, athletes, anyone looking to build, tone and strengthen their muscles and just about anyone who is willing to sweat!

REGISTER FOR SESSIONS VIA MOTION VIBE!

