

# Capitol Square

Effective January 5, 2015

## MONDAY

Time	Studio	Class	Instructor	Length
11:30a	GX	*TRX	Matt F.	:45
12:15p	C	*Cycling Express	Ryan	:45
12:30p	GX	BodyPump Express	Jamie	:45
5:15p	GX	Insanity (50) *TRIAL*	Nina	:50
6:15p	GX	Power Yoga	Stephen	:45
7:00p	GX	Zumba	Macy	:45

## TUESDAY

Time	Studio	Class	Instructor	Length
6:15a	GX	BodyCombat Express	Jamie	:45
11:30a	GX	Insanity (45)	Vikki	:45
12:15p	GX	Yoga Flow	Sarah A.	:45
5:15p	GX	*Functional TRX	Matt F.	:45
6:15p	GX	BodyPump	Jamie	:60

## WEDNESDAY

Time	Studio	Class	Instructor	Length
11:45a	GX	BodyPump Express	Trina	:45
12:15p	C	*Cycling Express	Vanessa	:45
5:15p	GX	Yoga Flow	Rob	:45
6:15p	GX	BodyCombat	Nina	:60

## THURSDAY

Time	Studio	Class	Instructor	Length
6:15a	GX	BodyCombat Express	Sarah W.	:45
11:30a	GX	BodyCombat Express	Trina	:45
12:15p	GX	Power Yoga	Danielle	:45
5:15p	GX	*Functional Fitness	Vanessa	:45
6:15p	GX	BodyPump	Vanessa	:60

**C = Cycling Studio**

**GX = Group Exercise Studio**

\* Denotes class requiring advanced sign up.

For class descriptions, visit [www.phfitness.com](http://www.phfitness.com)

Questions? Contact Vikki Hettiger (Group Exercise Director) [vikki@phfitness.com](mailto:vikki@phfitness.com)

## FRIDAY

Time	Studio	Class	Instructor	Length
6:30a	GX	*TRX	Matt F.	:45
11:30a	GX	*Functional TRX	Amy	:45
12:15p	C	*Cycling Express	Heidi St.	:45
12:30p	GX	Yoga Flow	Sarah A.	:45

## SATURDAY

Time	Studio	Class	Instructor	Length
8:00a	GX	BodyCombat Express	Trina / Jamie	:50
9:00a	GX	BodyPump	Trina / Jamie	:60

## SUNDAY

Time	Studio	Class	Instructor	Length
10:00a	GX	Gentle Yoga	Alexa	:60
10:15a	C	**Cycling Intro	Vikki	:45
11:15a	GX	**BodyPump Intro	Vikki	:45

**\*\*Cycling and BodyPump Intro classes meet the 3rd Sunday of every month**

### Class Policies & Etiquette

- Please arrive to class on time
- Take necessary warm-up & cool down precautions if you must enter late or leave early.
- Do not enter the fitness studio if a class is still in session
- Bring a water bottle and towel to each class
- Wear comfortable workout attire including non-street fitness shoes (No black rubber-soled shoes, please)
- Conversation should be kept to a minimum during class
- Please return all equipment / mats to the appropriate storage area after class
- Help to keep our studios clean by depositing all trash, workout towels, etc, in designated bins



## CLASS DESCRIPTIONS

### CARDIO CLASSES

**BODYCOMBAT:** BodyCombat is a non-contact, martial arts-inspired cardio-kickboxing program where your 'Inner Warrior' is totally unleashed! The class format draws from disciplines such as Karate, Boxing, TaeKwonDo, Muay Thai and Tai Chi. This empowering workout will allow you to strike, punch, kick and kata your way through calories right to superior cardio fitness!

**BODYSTEP:** BodyStep is like no other Step class! This format retains the essence of a great Step workout while adding fun and athletic movements to the mix. With sing-a-long music, lots of spunk and effective interval-training principles, you'll improve cardio fitness, shape and tone your lower body, and improve coordination and agility. What more could you ask for?

**CYCLING:** Experience the ride of your life! Cycling is a fun, athletic workout that closely mimics a true biking experience...all from the comforts of an indoor studio! Speed, terrain and intensity vary in each class, improving cardiovascular endurance and boosting lower-body strength. Advanced sign up required, space is limited.

**ZUMBA:** A Latin-inspired dance-fitness class that incorporates international music and movements, resulting in a dynamic, exciting and effective workout. The class format combines both fast and slow Latin rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits. Moves are fun and easy to follow.

### STRENGTH CLASSES

**BODYPUMP:** This is the original barbell class that strengthens your entire body. An excellent supplement to cardiovascular training, this class will challenge all of your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors and your choice of weight will inspire you to get the results you came for – and FAST! Space is limited.

### INTRO CLASSES

- *Intro classes for cycling and BodyPump offered monthly from October – May. Check club & website for dates and times.*
- *TRX intro classes offered monthly. Intro class participation is required prior to attending regularly scheduled classes.*

### MIND / BODY CLASSES (BYOM – Bring Your Own Mat)

**GENTLE YOGA:** Find inner balance and cultivate mindful awareness in this soft, relaxing, more nurturing practice. Gentle Yoga allows time for more detailed instruction and is less physically challenging than our Vinyasa-inspired classes. Emphasis is on self-awareness, use of breath, proper alignment, and honoring the body. Appropriate for all levels or for those who prefer to move at a slower pace.

**YOGA FLOW:** Build strength, balance and flexibility as you link breath with movement in this Vinyasa-inspired class. Students will move through a flowing series of Yoga postures while focusing on proper alignment and inner awareness. The sequence of postures may differ from class to class but will include warm-up, some variation of Sun Salutations, a dynamic standing series, balance and/or core work, and various joint openers and stretches. All classes will conclude with final relaxation, leaving you feeling centered and calm. Appropriate for all levels as modifications will be offered.

**POWER YOGA:** A dynamic, faster-paced class that will tone your body while disciplining your mind. Power Yoga consists of an energetic series of Yoga postures done in sync with breath (Vinyasa-style), with an emphasis on moving fluidly from pose to pose. The result is an enhanced physical strength and stamina, improved flexibility and a calm yet focused mind. All levels welcome, with modifications offered for all.

### CARDIO & STRENGTH CLASSES

**FUNCTIONAL FITNESS:** No choreography here, just alternating stations that incorporate cardio, strength, agility and flexibility drills and more. Exercises are easy-to-follow and functional in nature. Every piece of equipment in the studio is fair game, keeping your classes fresh and your body guessing.

**FUNCTIONAL TRX:** Enjoy Functional Fitness AND TRX? Get the best of both worlds in this 45-minute class! A head-to-toe workout guaranteed to get your heart pumping.

**INSANITY:** The perfect adaptation of the *insanely*-popular at-home workout, the health club version of Insanity has been designed with the Group Exercise participant in mind. Insanity exercises are cardio-based and intended to chisel you from head to toe, using your body weight as resistance. With Insanity-certified instructors, this class gives you a safe, challenging and results-driven experience in a 30 or 50 minute format. Modifications will be shown throughout class in order to provide the ultimate workout, regardless of fitness level.

**TRX:** This class will have you breathing hard and feeling muscles you never knew you had! TRX incorporates strength, flexibility, power, endurance and core into each circuit-style workout. Your core is engaged the entire time, so get ready for great abs and a strong back as well as a toned, sculpted body!