

## 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     | Ultimate Intervals | Nina       | :50    |
| 6:15p  | GX     | Power Yoga         | Stephen    | :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     | *TRX               | Vanessa    | :45    |

**C = Cycling Studio**  
**GX = Group Exercise Studio**

\* Denotes class requiring advanced sign up.

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

## FRIDAY

| Time   | Studio | Class           | Instructor | Length |
|--------|--------|-----------------|------------|--------|
| 6:30a  | GX     | *TRX            | Matt F.    | :45    |
| 11:30a | GX     | *Functional TRX | Amy        | :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    |

### 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
- Bare-feet are not permitted in the studio unless attending mind/body class



## 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!

**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.

**ULTIMATE INTERVALS:** Interval or "burst" training is one of the fastest ways to lose fat, preserve muscle and get the most out of your workout time. With Ultimate Intervals, you get it all: 40 minutes of burst training, followed by strength exercises and a lengthened cool-down to round out the workout. An array of modifications will be shown so that everyone succeeds.

### STRENGTH CLASSES

**BODYPUMP:** BodyPump is the original Les Mills barbell class that strengthens your entire body – FAST! This 45 or 60-minute workout will challenge all of your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Using the proven BodyPump formula of lower weight loads combined with higher repetition movements, you'll burn fat, gain strength and produce lean body muscle without bulk. Great music, highly-trained instructors and your choice of weight will inspire you to get the results you came for, and have fun doing it! Space is limited. New participants should arrive early for set-up instructions.

### INTRO CLASSES

- *Intro classes are highly recommended prior to participating in BodyPump, Cycling and TRX.*
- *Intro classes will be offered from October – May. Check club fliers & website for dates and times.*

### 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:** 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 45 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 works the whole core all the time, so get ready for great abs and a strong back in addition to a toned, sculpted body! TRX will incorporate strength, flexibility, power and endurance into each circuit-style workout.