

## MONDAY

Time	Studio	Class	Instructor	Length
11:30a	GX	<b>*TRX</b>	Matt F.	:45
12:15p	C	<b>*Cycling Express</b>	Ryan	:45
12:30p	GX	BodyPump Express	Jamie	:45
5:15p	GX	Zumba	Natalie	:50
6:15p	GX	Power Yoga	Stephen	:60

## 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	<b>*Functional TRX</b>	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	<b>*Cycling Express</b>	Vanessa	:45
5:15p	GX	Yoga Flow	Autumn	: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	<b>*TRX</b>	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)

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

## FRIDAY

Time	Studio	Class	Instructor	Length
6:30a	GX	<b>*TRX</b>	Matt F.	:45
11:45a	GX	<b>Functional CORE (trial)</b>	Jamie	:30
12:15p	Cycle	<b>*Cycling Express</b>	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
10:30a	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.

**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:** 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.

**FUNCTIONAL CORE: NEW CLASS!** Did you know that your core provides the power behind all the movements of your body? Strengthening and stabilizing the core is a key component when it comes to helping your body move better – it's the glue that holds everything together. This challenging 30-minute workout will focus on strengthening your core and all its surrounding areas, including the lower back, hips and glutes. Trained instructors will guide you through correct technique as you work with resistance tubing, weighted plates, dumbbells and body-weight exercises such as crunches and planks. As a result, you will maximize your body's strength, balance and flexibility, allowing you to perform daily tasks more safely and effectively.

### 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

**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.

**FUNCTIONAL TRX:** TRX combines with Functional Fitness in this heart-pumping 45 minute workout. You get the best of both cardio and strength with timed-stations that include exercises incorporating TRX, battle ropes, heavy sled pushes and more. Every piece of equipment in the studio will be used in order to keep the classes fresh and your body guessing.

**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.