

**MONDAY**

Time	Studio	Class	Instructor	Length
6:15a	GX	CX WORX + Stretch	Sarah W.	:45
11:30a	GX	*Functional TRX	JJ	:45
12:15p	C	*Cycling Express	Ryan	:45
12:30p	GX	BodyPump Express	Jamie	:45
5:30p	Cycle	*Cycling Express	Matt V.	:45
6:00p	GX	Power Yoga	Lynne	: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	*Functional TRX	J.J.	:45
6:15p	GX	BodyPump	Angie	:60

**WEDNESDAY**

Time	Studio	Class	Instructor	Length
6:15a	GX	*Cycling Express	Annette	:45
11:45a	GX	BodyPump Express	Trina	:45
12:15p	C	*Cycling Express	Vanessa/Heidi St.	:45
5:15p	GX	Yoga Flow	Mike	:60

**THURSDAY**

Time	Studio	Class	Instructor	Length
6:15a	GX	BodyPump	Sarah W.	:45
11:30a	GX	BodyCombat Express	Trina	:45
12:15p	GX	Power Yoga	Deann	:45
5:30p	GX	CX WORX	Jamie / Margaret	:30
6:05p	GX	BodyCombat	Margaret / Liz	: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 Nielsen (Group Exercise Director) [vikki@phfitness.com](mailto:vikki@phfitness.com)

**FRIDAY**

Time	Studio	Class	Instructor	Length
6:15a	GX	*Functional TRX	Brent	:45
11:45a	GX	CX WORX	Jamie	:30
12:15p	Cycle	*Cycling Express	Heidi St.	:45
12:30p	GX	Yoga Flow	Deann	: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
9:50a	GX	CX WORX	Liz / Lynne	:30
10:30a	GX	Gentle Yoga	Liz / Lynne	: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.

**WERQ:** WERQ is the fiercely fun dance fitness class based on pop, rock and hip-hop music. The signature WERQ warm-up previews the moves used throughout class, while the signature WERQ cool-down incorporates balance and yoga-inspired stretches. Everything in between is pure fun! Are you ready to WERQ?

### 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.

**CX WORX:** Exercising the muscles around the core, CX WORX provides the vital ingredient for a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favorite sports - it's the glue that holds everything together. This fun, innovative workout will focus on strengthening your core and all its surrounding areas, including the lower back, hips and glutes – all in just 30 minutes! Trained instructors will guide you through correct technique as you work with resistance tubing, weighted plates, and body-weight exercises such as crunches and planks. All of the moves in CX WORX have options, so classes are challenging but achievable for your own level of fitness. **A Yoga mat is highly recommended for this format. Monday 6:15am class includes an extra 15 minutes of stretching.**

### MIND / BODY CLASSES

*A yoga mat is REQUIRED for all mind/body classes.  
Aromatherapy may be used, depending on the class.  
Please notify instructor of any fragrance allergies or sensitivity.*

**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 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.