

## Capital Square Group X Class Schedule 2024

Time	Studio	Class	Instructor	Duration
<b>MONDAY</b>				
8:00a	GX	Functional Phitness	Virtual	:45
9:00a	GX	Low Fitness	Chelsea	:45
5:15p	GX	Yoga	Colin	:60

Time	Studio	Class	Instructor	Duration
<b>TUESDAY</b>				
8:00a	GX	20/15/10	Virtual	:45
9:00a	GX	Strength and Stretch	Ruth	:45
11:30a	GX	Functional Phitness	Virtual	:45
5:00p	GX	Mat Pilates	Mel L.	:45

Time	Studio	Class	Instructor	Duration
<b>WEDNESDAY</b>				
8:30a	GX	Yoga Flow	Virtual	:60
11:30a	GX	PINNtervals	Mel	:45
5:45p	GX	Straight Up Strength	Keegan	:45

Time	Studio	Class	Instructor	Duration
<b>THURSDAY</b>				
8:30a	GX	PINNtervals	Virtual	:60
11:30a	GX	Strength	Adam	:45
5:15p	GX	Yoga Flow	Teri	:60

Time	Studio	Class	Instructor	Duration
<b>FRIDAY</b>				
8:30a	1	PHIIT	Virtual	:60
11:30a	1	★ TRX Stretch/Mobility	Mel L.	:45

Time	Studio	Class	Instructor	Duration
<b>SATURDAY</b>				
9:00a	1	Straight Up Strength	Chris / Keegan	:60

### Class Policies & Etiquette:

- Please arrive to class on time.
  - Bring a water bottle and towel to each class.
  - Wear comfortable workout attire including non-street fitness shoes.
  - Please clean your equipment after class is complete.
  - Bring your own yoga mat from home, clean it before and after your workout with our supplied cleaning and sanitizing agents.
  - 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 registration will be optional; however, we encourage those who would like to continue to receive emails if there are last minute class cancelations, changes with the instructor, or modifications to the class format to continue to register for classes.
- ★ = **Sign up for TRX required**

★ = Sign up is REQUIRED in the Club Systems My Member Mobile App

GX = Group Exercise Studio

Virtual = classes are viewed on the TV in the studio



## CAPITOL SQUARE STUDIO CLASSES

### 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.*

**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.

**VINYASA YOGA:** Enjoy this form of yoga where poses are linked together with the breath in a flowing sequence. You will be performing poses in a variety of positions standing, seated, and laying down. This class is for all levels.

### STRENGTH CLASSES

**MAT PILATES:** Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Enjoy all the benefits of strengthening your small muscles along with large muscles. You will love this NEW CLASS!

**TRX MOBILITY/STRETCH:** Enjoy this perfect combination of TRX training mixed with mobility and stretch work. This class will help you increase your range of motion, balance, flexibility and core strength.

**FUNCTIONAL PHITNESS:** Work on total body strength while incorporating functional movements to help with balance and coordination. This class uses weights, bodyweight, resistant bands and gliders. This is a great class for all fitness levels wanting to increase balance/stability while getting stronger.

**BARRE:** Enjoy this ballet barre focused class that will work your total body, core, balance, and posture. This class will work large and small muscle groups allowing you to challenge your body while doing low impact work.

**STRAIGHT UP STRENGTH:** Sculpt and define your body through the use of dumbbells, resistance bands, tubing, gliding discs and more to boost metabolism, increase bone density and build lean muscle. Come and enjoy a total body strength training class hitting all your major muscle groups and more.

**STRENGTH:** *NEW CLASS!* This class incorporates all things to help build your strength, mobility and MORE! Come take this full body strength class that will challenge you mind and muscles giving you a total body workout and have you leaving feeling stronger than when you started.

### CARDIO & STRENGTH CLASSES

**20/15/10:** *NEW CLASS!* 20 minutes of cardio (performed on or around the step), 20 minutes of core exercises (to build those 6-pack muscles) followed by 20 minutes of stretching. The perfect hybrid class!

**PINNtervals:** *NEW NAME FOR A FAN FAVORITE!* Enjoy the benefits of intervalbased training at a pace that works for you! PINNtervals is a fat-burning, muscleenhancing total-body workout that incorporates Tabata-style cardio intervals in addition to resistance training and core conditioning. YOU choose the intensity - Low, Moderate or High - as modifications are always offered in order to guarantee everyone achieves success.

**PHIT:** *NEW CLASS!* Come enjoy an amazing total body workout. During class you will get all the benefits of a high intensity interval class while adding in body weight exercises along with challenging your body using different equipment to push yourself with an amazing workout. It's everything you want in a workout plus fun upbeat music!

**LOW FITNESS:** *NEW CLASS!* LOW Fitness is all about a fun, thrilling workout set to your favorite music. It mixes modernized, old-school aerobics with easy-to-follow moves that pack a serious punch. No gear needed, just bring your A-game and passion for fitness to sweat it out! Low impact style class

**VIRTUAL CLASSES** *through our YouTube channel are included in your membership while in our facility! You can experience Virtual Classes in the comfort of your home, while traveling or in one of our studios when they are free.*

*For more information about how to use our virtual classes, contact Jaclyn @ [Jaclyn.wilkinson@phfitness.com](mailto:Jaclyn.wilkinson@phfitness.com)*