

## Capital Square Group X Class Schedule Spring 2026

Time	Studio	Class	Instructor	Duration
<b>MONDAY</b>				
11:30a	GX	Glutes Core & More	Avery	:45
5:45p	GX	Strength and Stretch	Ethan	:60
6:30p	YOGA	Slow Flow Yoga	Melanie L	:45

Time	Studio	Class	Instructor	Duration
<b>TUESDAY</b>				
9:00a	GX	Strength and Stretch	Justis	:45
5:00p	GX	Mat Pilates	Mel L.	:45
6:00p	GX	Core Yoga	Mel L.	:45

Time	Studio	Class	Instructor	Duration
<b>WEDNESDAY</b>				
11:30a	GX	PINNtervals	Alaina	:45
5:45p	GX	Straight Up Strength	Keegan	:45
6:00p	YOGA	Yoga Strength & breath vinyasa flow	Colin	:60

Time	Studio	Class	Instructor	Duration
<b>THURSDAY</b>				
12:30p	YOGA	Mat Sculpt	Avery	:45
5:45p	GX	Cardio Strength	Yacouba	:60

Time	Studio	Class	Instructor	Duration
<b>FRIDAY</b>				
11:30a	1	Core and Strength	Mel L.	:45

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

### Class Policies & Etiquette:

- Class registration is **REQUIRED FOR ALL CLASSES** this allows for instructors to plan, will keep you up to date with any and all updates/changes and will be used to determine if a class stays or if changes need to be made.
- Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 4 people may be dropped and/or changed.
- 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.

**\*\* Sign up is REQUIRED in the Club Systems My Member Mobile App \*\***

GX = Gym Floor/Functional Training area  
YOGA = Yoga 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.

**VIN TO YIN:** *NEW CLASS* Enjoy this new take on yoga with a 30 min vinyasa flow followed by 30 min yin class based on TCM. You will get the best of both styles and finish class with a restorative cool down having you feeling ready for the rest of the day.

**ALIGNMENT FLOW:** *NEW CLASS* Make friends with gravity and meet yourself where you're at one with the mat. This progressive practice includes balance, strength, flow and down-regulation breathwork. Appropriate for new and experienced yogis alike.

### **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!*

**MAT SCULPT:** Mat Sculpt is a new class that will help you sculpt and tone every muscle of your body. You will get a total body workout while enjoying the low impact of the mat work. *NEW CLASS!*

**TRX STRENGTH & MOVEMENT:** 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.

**GLUTES CORE & MORE:** Enjoy this lower body workout, geared to tone your core and lower body at a deeper level. This class will help build your strength and stability in your hips, knees and ankles.

**TRX CORE & YOGA:** This 45-minute suspension-training class will help you discover muscles you never knew you had! TRX works the entire body all the time, so get ready for great abs and a strong back in addition to a toned, sculpted body! Once you're off the TRX straps enjoy a nice yoga class to help lengthen all the muscles you just worked.

**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 & STRETCH:** *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 while incorporating a longer stretch during the class.

### **CARDIO & STRENGTH CLASSES**

**CARDIO STRENGTH:** Enjoy a total body workout while you get your cardio in to get your sweat going along with building your strength during the strength blocks of the class. This is the perfect class for someone looking to hit cardio and strength all in one!

**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.

*For more information about our classes, contact Jaclyn @  
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