

JULY Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 AM (45) CYCLE FIT <i>Diana</i>					
7:00 AM (60) SLOW YOGA FLOW <i>Tammie (B)</i>	7:30 AM (45) TRX KETTLEBELL <i>Natalie (A)</i>		8:30 AM (45) TRX KETTLEBELL <i>Natalie (A)</i>		8:30AM (60) VINYASA YOGA <i>Melisa (B)</i>	
8:30 AM (45) PURE STRENGTH <i>Natalie (A)</i>		8:30 AM (45) BARBELL STRENGTH <i>Natalie (A)</i>	9:00 AM (45) CORE PILATES <i>Mary (B)</i>	8:30 AM (45) YOGA SCULPT <i>Natalie (A)</i>	8:30 AM (45) XTREME STEP <i>Mia (A)</i>	
9:30 AM (55) CYCLE FIT <i>Barb</i>	9:30 AM (45) BARRE <i>Alana (A)</i>	9:30 AM (60) CYCLE CORE <i>Erika</i>	9:30 AM (45) STABILITY BALL <i>Natalie (A)</i>	9:30 AM (45) CYCLE FIT <i>Kerry</i>	9:00 AM (45) AQUA FITNESS <i>Kelly (pool)</i>	9:30 AM (60) YOGA <i>Lorinda (B)</i>
9:30 AM (45) BARRE <i>Alana (A)</i>	10:00 AM (45) AQUA FITNESS <i>Shira (pool)</i>		10:00 AM (45) AQUA FITNESS <i>Shira (pool)</i>		9:30 AM (30) CYCLE FIT <i>Erika</i>	
10:30AM (45) FIT FUSION <i>Natalie (A)</i>	10:30 AM (60) VINYASA YOGA <i>Alana (B)</i>		10:30AM (45) BODY SCULPT <i>Mia (A)</i>	10:15 AM (30) CORE <i>Kerry (B)</i>	10:00 AM (45) BARRE <i>Erika (B)</i>	
			10:30 AM (60) SLOW YOGA FLOW <i>Lorinda (B)</i>		10:45 AM (60) GENTLE YOGA <i>Tammie (B)</i>	10:30 AM (60) GENTLE YOGA <i>Tammie (A)</i>
	11:30 AM (30) SEATED STRENGTH <i>Natalie (A)</i>	11:00 AM (45) AQUA BODYSCULPT <i>Loretta (pool)</i>				
12:00 PM (45) CHAIR YOGA <i>Tammie (A)</i>		12:00 PM (45) CHAIR YOGA <i>Lorinda (A)</i>	12:00 PM (60) IYENGAR YOGA <i>Robyn (B)</i>			
Evening Classes					Key Code for Class Types	
5:00 PM (45) TRX BOOTCAMP <i>Mia (A)</i>	5:00 PM (60) CYCLECORE FUSION <i>Larissa</i>	5:45 PM (30) CYCLEFIT <i>Diana</i>	5:45 AM (45) ZUMBA <i>Karen (A)</i>		High Intensity	Barre
					Yoga Pilates	Aqua Classes
		6:15 PM (45) BARBELL STRENGTH <i>Diana (A)</i>			Cycle Classes	Low Intensity
					New Classes in July	

Please note that we WILL allow **Senior Limited Members** attend the **Saturday 9 AM Aqua Class** for the month of July!

CLASS DESCRIPTIONS

SPACE IS LIMITED. RESERVATIONS ARE STILL REQUIRED ON THE LIFEBRIDGE HEALTH & FITNESS APP.

- **AQUA BODYSULPT** a low impact class designed to increase joint mobility and full range of motion in shallow water. All while getting a total body workout.
- **AQUA FITNESS** is a combination of cardiovascular and muscle conditioning drills using water resistance.
- **BARRE** is a total body sculpting class using the ballet bar perfect for lengthening and stretching the entire body.
- **BARBELL STRENGTH** is a total body strength training class that creates results.
- **BODY SCULPT** is a classic “old school” workout that tones and strengthens the entire body. Varying types of equipment may be used in this class to target all major muscle groups.
- **CHAIR YOGA** is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support.
- **CORE PILATES** Enhanced STOTT PILATES mat that uses many props including balls and bands, for the development of a strong, coordinated trunk, abdominals and back musculature.
- **CORE CONDITIONING** Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.
- **CYCLE CORE FUSION** use the stationary bike for the cardio component.
- **CYCLEFIT** is a high calorie burning cardio workout with music on a stationary bike, targeting specific energy zones.
- **FIT FUSION** is a class which blends cardio, sculpt and core strength to increase total body strength, balance and flexibility
- **GENTLE YOGA** is an Iyengar inspired class at a lower or moderate intensity level. Poses are taught with modifications and variations to develop the practice of beginner students.
- **IYENGAR YOGA I** is for beginners or students new to Iyengar Yoga and for those who wish to re-start yoga. This is a foundational class and students will learn basic forms and physical actions through standing poses and seated poses and simple inverted poses. Students will build strength, stamina and coordination and gain bodily awareness through the practice of poses.
- **PURE STRENGTH** is a complete body conditioning class.
- **SEATED STRENGTH 101** is designed to increase muscular strength, muscular endurance and range of motion for functional fitness. Hand-held weights, elastic tubing and are used along with a chair for seated exercises and standing support.
- **SLOW FLOW YOGA** focuses on slowing down and deepening your practice. A vinyasa practice that focuses on quality transitions between postures and awareness of breath and mind.
- **STABILITY BALL STRENGTH** is a full body strengthening class using the stability ball, dumbbells and bands to achieve muscular strength, core strength and balance.
- **TRX/KETTLEBELL** is an ultimate functional fitness class that combines TRX and Kettlebell training for the best total body workout. Experience recommended.
- **TRX/BOOTCAMP** Total Body high Intensity class that incorporates different suspension training bodyweight exercises, kettlebell training and cardio that develops strength, endurance, balance, and flexibility in a circuit style class.
- **VINYASA YOGA** is a dynamic and energizing flowing sequence of yoga postures that are linked together.
- **YOGA SCULPT** is a fusion of Yoga, sculpting and core work, this Vinyasa class uses light weights to lengthen and strengthen your body. Get ready to sculpt your physique, improve posture and boost your metabolism.
- **X'TREME STEP** challenge yourself in Mia's full body high intensity calorie burning workout with fun STEP choreography and intervals of strength training.
Level 2/3
- **ZUMBA** is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin music.