

# Group Fitness Schedule

## Summer Schedule 2022



KINETIC™

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mindful Monday</b> 12:15p–12:45p Merilee	<b>Body Tune Up</b> 12:15p–12:45p Merilee	<b>Vinyasa Yoga</b> 12:15p–12:45p Merilee		
<b>Yoga Sculpt</b> 5:30p–6:15p Merilee		<b>Yoga Sculpt</b> 5:30p–6:15p Merilee		

### Class Descriptions

#### Mindful Monday Yoga

This class uses short, guided mindfulness meditation to provide skills that are easily transferable to different settings (home, work, etc.) Towards the end of class, participants are led through a brief relaxation exercise that incorporates visualization techniques designed to help them be more mindful during various parts of their workday. The class ends with an affirmation.

#### Vinyasa Yoga

A yoga experience focusing on sequential movement and postures to form a continuous flow.

#### Yoga Sculpt

A full-body workout that fuses yoga postures and muscle conditioning. It's designed to increase flexibility, and to tone and strengthen every muscle in your body (with special emphasis on the core).

#### Body Tune Up

This class integrates dynamic stretching for major muscle groups with core exercises to improve mobility and stability.

Class Capacity: 10 members.

### Group Class Guidelines

- Depending on the class type, space may be limited.
- Should you need to leave the classroom, please tell the instructor by raising your hand or making eye contact — this will let the instructor know that you're feeling fine. If you're not feeling well, please sit down to alert the instructor; this will also put you in the best position for recovery.
- Be considerate of other members' exercise space.
- Classes and instructors are subject to change without notice.
- Help us keep the exercise space tidy — please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it's your first time in class. If you're pregnant or have other medical issues that may affect your workout, please inform the instructor before the class begins.
- Taking pictures is prohibited.
- Please dress in appropriate workout attire.
- Personal fragrances should be kept to a minimum.