

class descriptions

Bootcamp This athletic skills-and-drills class combines cardio, muscle conditioning and plyometric moves. It may also feature the use of weights, bars, balls, sandbags, kettlebells, steps and other small fitness equipment. Capacity: 10 members

Gentle Flow Yoga Ease your way into yoga postures that focus on technique, flexibility, breathing and relaxation. Capacity: 10 members

HIIT (High Intensity Interval Training) This class combines short, high-intensity intervals with active recovery designed to train your body for improved performance and calorie burning. Capacity: 10 members

Vinyasa Yoga This class begins with stretching and works through a series of movements, matching breath to movement. Elements of flexibility, strength and balance are incorporated into every class. Capacity: 10 members

winter group fitness schedule

Starts on Monday, January 2nd, 2023



KINETIC
FUELED BY IRVINE COMPANY



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|--|---|--------|
| afternoon | <p>Vinyasa Yoga 12:15 – 1:00P Amanda</p> | <p>HIIT 12:15 – 1:00P Kevin</p> | <p>Gentle Flow 12:15 – 1:00P Amanda</p> | <p>Boot Camp 12:15 – 1:00P Kevin</p> | |
| evening | | | | | |

group fitness 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.



kineticspectrumterrace@plusone.com



www.flex.plusone.com