

KINETIC SPECTRUM TERRACE

GROUP FITNESS SCHEDULE

DAY/TIME	CLASS DETAILS
MONDAY 12:15PM - 1:00PM	VINYASA FLOW Instructor: Walter <i>This class begins with stretching & works through a series of movements, matching breath to movement. Elements of flexibility, strength, & balance are incorporated into every class.</i>
TUESDAY 12:15PM - 1:00PM	YOGA SCULPT Instructor: Walter <i>A combination of dynamic yoga warm-up, strength-training with weights, deep core exercises, & Savasana/Shavasana to close the practice.</i>
WEDNESDAY 12:15PM - 1:00PM	BOOTCAMP Instructor: Kevin <i>This athletic skills-&-drills class combines cardio, muscle conditioning, & plyometric moves. It may also feature the use of weights, bars, balls, sandbags, kettlebells, steps, & other small fitness equipment. <u>Capacity is limited to 16 members.</u></i>
THURSDAY 12:15PM - 1:00PM	DEEP TISSUE STRETCH Instructor: Walter <i>Stretch out those tight muscles & discover a new pain free range of motion.</i>