

## Group X + F45 Virtual Schedule - click on a class to join via Zoom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:45-9:30 am <b>Hatha Yoga</b> Barbara	9:00-9:45 am <b>Total Body Conditioning</b> Joanne
	11:00-11:45 am <b>Stretch &amp; Meditation</b> Shelley		11:00-11:45 am <b>Stretch &amp; Meditation</b> Shelley		10:30-11:15 am <b>Pop Pilates/Barre</b> Sally/Jenne	10:00-10:45 am <b>Vinyasa Yoga</b> Natalya
12:00-12:45 pm <b>Strength Training For All</b> Charlotte	12:00-12:45 pm <b>Hatha Flow</b> Laurie	12:00-12:45 pm <b>Strength Training For All</b> Charlotte	12:00-12:45 pm <b>Hatha Flow</b> Monica	12:00-12:45 pm <b>Zumba</b> Talia		
5:00-5:45 pm <b>F45</b> Staff	5:00-5:45 pm <b>F45</b> Staff	5:00-5:45 pm <b>F45</b> Staff		5:00-5:45 pm <b>Vinyasa Yoga</b> Monica		
5:00-5:45 pm <b>Barre Assets</b> Jenne C.	5:30-6:15 pm <b>Zumba</b> Leandro	5:00-5:45 pm <b>Barre Assets</b> Jenne	5:00-5:45 pm <b>F45</b> Staff			
6:00-6:45 pm <b>Vinyasa Yoga</b> Natalya		6:00-6:45 pm <b>Hatha Yoga</b> Patricia				

# Group X Virtual Class Descriptions

## **Barre Assets**

An energizing, barefoot workout fusing barre conditioning and graceful Pilates for core stability and perfect posture. Strengthen, lengthen, and define every major muscle group from the bottom up.

## **Hatha Flow**

The practice of linking breath with movement is used to enhance the benefits of traditional Hatha poses in this Hatha/Vinyasa style class. Focus is placed on learning to balance strength and flexibility, as well as effort and surrender. Suitable for all levels.

## **Hatha Yoga**

This yoga form pairs movement with a SLOW, breath rhythm. It is designed to give one time to align and strengthen joints and bones, increase lung capacity and sharpening one's focus!

## **Pop Pilates**

POP Pilates® is Pilates like you've never seen before. It's an incredible fusion of ab-chiseling, total body defining moves choreographed to your favorite Top 40 hits. Created by YouTube fitness star Cassey Ho of Blogilates, this intense, mat-based (30-45-hour) workout for all levels challenges you to flow from one exercise to the next, developing a rock solid core and lean, strong muscles.

## **Strength Training For All**

Stay active and strong with this workout designed for all levels. Focus on full body movements and resistance training with bodyweight and weights (or household items) to improve strength, coordination and joint mobility. Equipment: This class can be done with bodyweight, weights, or weight substitutes.

## **Total Body Conditioning**

Total Body Conditioning (TBC) is a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain challenging exercises that will increase strength, decrease body fat and improve overall conditioning.

## **Vinyasa Yoga**

Yoga postures flow in a vigorous, logical sequence to complement those that precede and follow. Focus is on the synchronization of breath and continuous flow of movement. Suitable for mixed levels.

## **Zumba**

An exhilarating fusion of Latin and international music with easy to follow moves, creating a fun and high-energy dance cardio workout.