# GROUP EXERCISE SCHEDULE: FALL 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates 7:00 am - 8:00 am Anna</td>
<td>Yoga 7:30 am - 8:30 am Sarah</td>
<td>Yoga 7:00 am - 8:00 am Anna</td>
<td>Pilates 7:00 am - 8:00 am Anna</td>
<td>Spin &amp; Sculpt 7:00 am - 8:00 am Mary Anne</td>
<td>Body Sculpt (FREE) 12:00 pm - 1:00 pm Hayley</td>
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<tr>
<td>Yoga 12:15 pm - 1:15 pm Jodi</td>
<td>Barre 12:15 pm - 1:15 pm Leah</td>
<td>Vinyasa Yoga 4:00 pm - 5:00 pm Anna</td>
<td>Yoga 12:15 pm - 1:15 pm Anna</td>
<td>Yoga 12:15 pm - 1:15 pm Anna</td>
<td>Barre 4:30 pm - 5:30 pm Leah</td>
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<tr>
<td>Body Sculpt (FREE) 4:30 pm - 5:30 pm Melanie</td>
<td>Cycle 4:30 pm - 5:15 pm Karissa</td>
<td>Stability &amp; Core 5:00 pm - 6:00 pm Liz</td>
<td>Pilates 4:00 pm - 5:00 pm Maite</td>
<td>Zumba 5:30 pm - 6:30 pm Kymberlee</td>
<td>Cycle 6:15 pm - 7:00 pm Lainie</td>
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<tr>
<td>Yoga 5:30 pm - 6:30 pm Anna</td>
<td>BollyX 5:30 pm - 6:30 pm Jen</td>
<td>BollyX 5:30 pm - 6:30 pm Jen</td>
<td>Advanced Step 6:30 pm - 7:30 pm Jessica</td>
<td>Pilates 6:30 pm - 7:30 pm Fen</td>
<td>Barre 7:00 pm - 8:00 pm Kymberlee</td>
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<tr>
<td>Cycle 6:15 pm - 7:00 pm Lainie</td>
<td>Zumba 6:00 pm - 7:00 pm Kymberlee</td>
<td>Zumba 6:00 pm - 7:00 pm Jen</td>
<td>Creepers 6:30 pm - 7:30 pm Jessica</td>
<td>Cycle 6:30 pm - 7:30 pm Jen</td>
<td>Abs 8:15 pm - 9:15 pm Marie</td>
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<tr>
<td>Abs 8:15 pm - 9:15 pm Marie</td>
<td>Bootcamp 7:30 pm - 8:15 pm Marie</td>
<td>Bootcamp 7:30 pm - 8:15 pm Marie</td>
<td>Bootcamp 6:00 pm - 7:00 pm Liz</td>
<td>Yoga 8:00 pm - 9:00 pm Marie</td>
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Please note that instructors and classes are subject to change without notice. Visit us online for updated class information.

## Pricing & Dates

<table>
<thead>
<tr>
<th>Students</th>
<th>Non-Student (Members)</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarter 1 OR 2: $50</td>
<td>Quarter 1 OR 2: $75</td>
<td>Free Week: Sep 5 - Sep 11</td>
</tr>
<tr>
<td>Quarter 1 AND 2: $95</td>
<td>Quarter 1 AND 2: $135</td>
<td>Quarter 1: Sep 12 - Oct 21</td>
</tr>
</tbody>
</table>

*Must purchase passes in person w/ proper I.D.

*Purchase passes in person or online.

No Classes: October 9, 2017 and November 20-25, 2017

For more information visit www.mitrecsports.com
Class Descriptions

Abs
Add a variety of exercises and intensity to your usual ab routine - and see results! This workout is dedicated to toning and strengthening the abdominal and core muscles. Class limit – 25

Advanced Step
This class is a great way to get your cardio workout in! Filled with creative choreography, step provides a challenging and fun cardio class. Class limit – 25

Aqua Jogging
This class gives water aerobics a new twist. Prepare to challenge and improve your cardiovascular fitness with this fun and intense workout of athletic intervals. You can add this into your regular workout regimen as a way to cross train and prevent injury with the low-impact option of training in the pool. Class limit = 15

Barre
This calorie-burning class incorporates principles of ballet, pilates and yoga into one total body workout. The use of an exercise ball, light weights and ballet barre help sculpt the body and create long lean muscles. Benefits include better posture, core strength, increased flexibility and overall muscle tone. Class limit - 20

Body Sculpt
Increase lean muscle tissue and metabolism in this non-aerobic workout by incorporating a variety of resistance equipment. Class limit – 25

BollyX
BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts with the hottest music from around the world. Its 50-minute cardio workout cycles between high and low-intensity dance sequences to get you moving, sweating, and, most importantly, motivated all at the same time. Class limit - 40

Bootcamp
Bootcamp is a combination of both strength and cardio based exercises. Using an array of equipment our instructors will develop unique and challenging workouts to enhance your overall fitness level. Class limit – 25

Cycle
The ultimate indoor cycling experience! Follow your instructor through a variety of drills such as intervals, speed, and hill climbing. This class is a great cardio workout and a lot of fun! Class limit – 1.5

Deep Water H20
A fun and challenging class using hand buoys, noodles, paddles, and ankle cuffs. This is a fun and innovative class designed for new or experienced exercisers! Think outside the box as you noodle surf to strengthen your core, mogul sky with ankle cuffs, and do aqua push-ups to strengthen arms and upper back! Class is held in deep water. Class limit - 15

Heal Flow Yoga
Combines asana (poses) and pranayama (breathing) practice. It can be performed time and time again to gain vitality and longevity. Some Experience recommended. After a few energizing Sun Salutations and a brief flow, a Hatha series rounds out class. This class is designed to help recover from the challenges of life and enhance the energy you bring to all your endeavors, from the inside out. Class limit: 25

High Intensity Interval Training
HIIT is a fast-paced workout that will help improve both your cardio fitness as well as muscular power. This is a non-stop, cardio based workout that is guaranteed to get your heart pumping. Class limit: 25

Kickboxing
A cardiovascular workout that uses punches, kicks, and blocks to increase your heart rate. This fun, energizing class offers various levels to meet everyone’s needs. Work on endurance, strength and coordination while burning tons of calories and learning the basics of boxing. Class limit: 30

Outdoor Yoga:
Enjoy this ancient natural method for achieving and maintaining physical, mental and emotional health outdoors! This class includes classical yoga postures, warm-ups, breathing techniques, and relaxation methods. Benefits include: stress release, body tone and strength, weight control, improved body alignment and flexibility and better concentration. Better yet, you can enjoy this class outdoors during the summer months.

*Please meet the instructor at the indoor location specified on the schedule to get equipment and check in for class as usual. The instructor will then lead the class to the outdoor location.

Outdoor Pilates:
This class is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. This class will be held outdoors weather-permitting for an enhanced Pilates experience!

*Please meet the instructor at the indoor location specified on the schedule to get equipment and check in for class as usual. The instructor will then lead the class to the outdoor location.

Pilates
This class is focused on building strength and improving flexibility and agility to help prevent injury. It involves a series of controlled movements that engage both your body and mind. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. Class limit -25

Spin & Sculpt
This class is an intense mix of cardio cycling drills for 30 minutes followed by a fast-paced circuit of strength training exercises for the second half of class. This will not only give you total body strength but increase your stamina and endurance. Class will begin is the Cycle Studio and end in the Wang group exercise studio. Class limit- 15

Shallow Water H2O
A challenging water workout that improves your cardiovascular fitness and burns calories. This class is designed with short bursts of high intensity activity for a challenging interval workout. Class limit – 15

Stability/Core Conditioning
Get on the ball and get moving! This class challenges core and stability muscles through the use of a BOSU, Stability Ball, & Medicine balls. Offers a challenging and invigorating workout - but you’ll have a blast! All abilities welcome. Class limit-15

Strictly Strength
This class provides a full-body sculpting and toning workout. Workouts focus on all major muscle groups. Class limit- 25

Slow Flow Yoga
A variety of Vinyasa yoga in which each series of asanas enables students to work through the body, building strength, flexibility, and connection with the breath. This variety of yoga is suitable for beginners and advanced students. Class will help release chronic tension, activate energy, develop strength in the body, and cultivate inner focus and clear awareness. Class limit – 25

Vinyasa Yoga
Teaches breathing techniques and movement through a series of poses designed to improve strength and flexibility. All fitness levels welcome. Class limit – 25

Yoga
This ancient natural method for achieving and maintaining physical, mental and emotional health is the hottest form of exercise right now. This class includes classical yoga postures, warm-ups, breathing techniques, and relaxation methods. Benefits include: stress release, body tone and strength, weight control, improved body alignment and flexibility and better concentration. Class limit – 25

Zumba Fitness®
Zumba is a fusion of Latin and International music / dance themes that create a dynamic and exciting, yet easy to follow, class! It combines high energy and motivating music with unique moves and combinations making for a “feel-happy” workout that is great for both the body and the mind! Class limit - 40