**GROUP EXERCISE SCHEDULE: WINTER & SPRING 2018**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| Pilates 7:00 am - 8:00 am  
Anna | HIIT 6:45 am - 7:30 am  
Brianna | Slow Flow Yoga 7:00 am - 8:00 am  
Anna | HIIT 6:45 am - 7:30 am  
Lainie | Pilates 7:00 am - 8:00 am  
Anna | Shallow H2O 9:00 am - 10:00 am  
Jim C |
| Spin & Sculpt 7:30 am - 8:30 am  
Jodi | Yoga 7:30 am - 8:30 am  
Liz | Shallow H2O 7:00 am - 8:00 am  
Mary Anne | Slow Flow Yoga 7:30 am - 8:30 am  
Anna | Spin & Sculpt 7:30 am - 8:30 am  
Karissa | Zumba 10:30 am - 11:30 am  
Liz |
| HIIT 10:00 am - 10:45 am  
Ethan | Cycle 12:00 pm - 12:45 pm  
Emily | HIIT 10:00 am - 10:45 am  
Karissa | | | Fitness Yoga 11:45 am - 12:45 pm  
Kristin |
| Body Sculpt (FREE) 12:00 pm - 1:00 pm  
Linh* | Kidboxing/Zumba (FREE) 12:00 pm - 1:00 pm  
Fen | Body Sculpt (FREE) 12:00 pm - 1:00 pm  
Elena | Bootcamp (FREE) 12:00 pm - 1:00 pm  
Karissa | Body Sculpt (FREE) 12:00 pm - 1:00 pm  
Linh* |
| Yoga 12:15 pm - 1:15 pm  
Jodi | Cycle 4:30 pm - 5:15 pm  
Karissa | Vinyasa Yoga 4:00 pm - 5:00 pm  
Anna | Alignment Flow Yoga 4:00 pm - 5:00 pm  
Anna | Unwind Yoga 12:15 pm - 1:15 pm  
Anna |
| Barre 4:30 pm - 5:30 pm  
Leah | Cycle 4:30 pm - 5:15 pm  
Karissa | Stability & Core 5:00 pm - 6:00 pm  
Melanie | Pilates 5:00 pm - 6:00 pm  
Maite | | |
| Unwind Yoga 5:30 pm - 6:30 pm  
Anna | BollyX 5:30 pm - 6:30 pm  
Fen | Upper Body Strength 6:00 pm - 6:45 pm  
Maite | Zumba 6:00 pm - 7:00 pm  
Fen | Zumba 5:45 pm - 6:45 pm  
An* |
| Cycle 6:15 pm - 7:00 pm  
Lainie | Roll & Recover 6:45 pm - 7:15 pm  
Maite | Pilates 6:30 pm - 7:30 pm  
Fen | Cycle 6:15 pm - 7:00 pm  
Lainie | | |
| Advanced Step 6:30 pm - 7:30 pm  
Jessica | Cardio Barre 7:15 pm - 8:00 pm  
Maite | | | | |
| HIIT 7:30 pm - 8:15 pm  
Jessica | Bootcamp 7:30 pm - 8:15 pm  
Brendyn | | | | |
| Abs 8:15 pm - 8:45 pm  
Jessica | Slow Flow Yoga 8:00 pm - 9:00 pm  
Kaley | Abs 8:15 pm - 8:45 pm  
Brendyn | Heal Flow Yoga 8:00 pm - 9:00 pm  
Ivor | | |

*This class is not eligible for PE Credit

Please note that instructors and classes are subject to change without notice. Visit us online for updated class information.

Alternate Schedule: Jan 3-6 | Mar 26-31 | May 21-31    No Classes: Jan 15 | Feb 19 | Apr 16 | May 28

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**New Pass Pricing & Dates**

Students
1 Month Pass: $30
12 Month Pass*: $325 (save $2/month)
Must purchase passes in person w/ proper I.D.

Non-Student (Members)
1 Month Pass: $45
12 Month Pass*: $490 (save $4/month)
Purchase passes in person or online.

Sessions
January 3 - June 3
Demo Week: Feb 5 - Feb 10

**Available for purchase through the end of February only.**

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

Alignment Yoga
This yoga practice builds flexibility and strength in both the body and mind. It melds the flowing, breath-linked poses of vinyasa with longer, deeper holds of hatha yoga. Moving the body thoughtfully and with the breath will open the body and help release both physical & mental stress. The focus on alignment encourages a strong, safe practice.
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

Cardio Barre
This upbeat, no-impact class leaves you feeling fit, centered, and refreshed. The Class: Cardio Barre combines barre work and light weights in an upbeat, no-impact workout designed to burn fat and lengthen muscles.
Class limit – 20

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 – 15

Fitness Yoga
A dynamic yoga style that links the movement with the breath. This style of yoga requires physical energy and for your mind to stay focused. This helps you to be present in your body rather than stuck in your head.
Class limit – 25

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

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

Roll and Recover
Foam roller classes are based on the fact that loosening up the connective tissues increases muscle flexibility, in addition to reducing pain. The cylinder shaped foam rollers are made of varying densities, which can be used to vary the pressure applied.
Class limit – 15

Slow Flow Yoga
Slow flow yoga integrates the mind and body through thoughtful movement and conscious breath. Poses are linked in purposeful sequences to help build strength, increase flexibility and reduce stress.
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 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

Unwind Yoga
Open and strengthen the body in a meditative yet purposeful way. Modifications & more advance options are given to make this class great for any level. Balance physical activity with inner stillness to leave you refreshed and revived.
Class limit – 25

Upper Body Strength
This resistance training class that will focus on: arms, back, chest and core muscles using various methods and equipment to strengthen and tone the upper body.
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