



CLASS SCHEDULE

MONDAY

5:30-6:15PM

✓ Power

7:15-8:00PM

Pure Power Bootcamp

TUESDAY

5:45-6:30AM

✓ Power

6:15-7:00PM

✓ Kettlebody

WEDNESDAY

5:30-6:30PM

Yoga For All

6:30-7:30PM

Power Yoga

THURSDAY

5:30-6:15AM

✓ Power

5:30-6:15PM

HIIT Tabata Bootcamp

7:15-8:00PM

Hip Hop Step

FRIDAY

9:30-10:30AM

Yoga For All

10:30-11:30AM

Vinyasa Flow

SUNDAY

5:00PM-6:00PM

Yin Restorative Yoga

Due to capacity limits, you will need to check in at the front desk to grab your spot before attending a group Fit class.

All classes are reserved for Village residents and day pass users.



PURE POWER BOOTCAMP | Take it to the next level in this fast paced class that mixes strength building and muscular endurance for a high intensity, sweaty workout.

✓ **Power** | A one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, steps, heart-pounding music, and expert coaching

YOGA | Gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.

POWER YOGA | This flow brings the power! Higher energy than your usual yoga practices, this class will work you through a variety of full-body strengthening poses.

✓ **KETTLEBODY** | Work through low-impact workouts with a combination of cardio, strength & power moves using kettlebells, dumbbells & body bars.

✓ **YIN RESTORATIVE YOGA** | A style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

HIP HOP STEP | Welcome to the ultimate dance party! Get down with some mixed-impact dance moves & choresography.

VINYASA FLOW | Namaste in this yoga flow that connects your breath and posture while strengthening, opening and balancing.

TOTAL CONDITIONING | This total conditioning sesh is all about the afterburn! Strength exercises, compound movements, full-throttle work & a power finisher!

✓ = While other classes might switch in and out seasonally, our signature classes, indicated with a ✓, are here to stay!

5665 VILLAGE GLEN DR. | MON-FRI 5A-10P | SAT-SUN 7A-7P
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