

# GROUP X CLASSES

## Group X - Class Description:

**Barre** – A full body workout using low impact movements. We work deep into the muscle with our small range movements, isometric holds and large range movements, working your muscles to the point of fatigue. This class is guaranteed to lean you out and tighten all your muscles!

**Barbell Strength**– This is a total body workout using weighted barbells. The moves are designed to train your entire body. All participants use their own weights and go at their own pace.

**Yoga**- Hatha Yoga is an ancient asana practice that integrates breath, body and mind. This class is a relaxed-paced yoga practice that uses breath work with deliberate muscle elongation, toning and special awareness.

The systematic relaxation, pranayama (breath work), and meditation in this class is meant to harness the mind's attention and the body's strength. No prior yoga experience required.

# 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	<b>NEW</b> 8:30-9:00 30 min ABS Francis		<b>NEW</b> 8:30-9:00 30 min ABS Kari		<b>NEW</b> 8:30-9:00 30 min ABS Francis		
9:00 AM							
10:15 AM		BARRE Jill		BARRE Kari			
12:00 PM							
4:45 PM				4:45 PM 45 min BARRE Kari			
6:00 PM							
7:00 PM				<b>NEW</b> YOGA Shakti			

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