

# JULY

# PULSEology FITNESS CLUB

## Group X (Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

7:30 AM

**LES MILLS  
BODYPUMP**  
(Pam)

7:30 AM

**tone**  
(Pam)

7:30 AM

**LES MILLS  
BODYPUMP**  
(Pam)

7:30 AM

**HIIT, CORE &  
RECOVERY**  
(Pam)

8:30 AM

**TABATA**  
(Shelley)

8:30 AM

**KICKBOXING**  
(Joy)

8:30 AM

**LES MILLS  
BODYPUMP**  
(Tovah)

8:30 AM

**tone**  
(Brooke)

8:30 AM

**LES MILLS  
BODYCOMBAT**  
(Tovah)

8:00 AM

**BUILD & BURN**  
(Joy)

9:30 AM

**TOTAL BODY TONE**  
(Shelley)

9:30 AM

**ZUMBA**  
(Patricia)

9:30 AM

**TABATA**  
(Joy)

9:30 AM

**LES MILLS  
BODYCOMBAT**  
(Tovah)

9:30 AM

**LES MILLS  
BODYPUMP**  
(Pam)

9:00 AM

**ZUMBA**  
(Chikis)

10:30 AM

**ZUMBA**  
(Melissa)

10:30 AM

**Tone & Crunch**  
(Joy)

10:30 AM

**ZUMBA**  
(Patricia)

10:00 AM

**LES MILLS  
BODYPUMP**  
(ROTATING - SEE APP)

11:30 AM

**SILVER SNEAKERS**  
(Caroline)

11:30 AM

**SILVER SNEAKERS**  
(Caroline)

11:30 AM

**SILVER SNEAKERS**  
(Caroline)

1:00 PM- 3:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

1:00 PM- 5:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

12:00 PM- 3:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

12:00 PM- 5:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

12:00 PM- 7:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

11:00 AM- 4:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

11:00 AM- 4:00 PM

**PICKLEBALL**  
(1 HR COURT TIMES  
AVAILABLE)  
please see front desk for  
more info

3:30 PM

**ZUMBA**  
(Melissa)

3:30 PM

**ZUMBA**  
(Patricia)

6:00 PM

**LES MILLS  
BODYPUMP**  
(Brooke)

6:00 PM

**Body Blast**  
(Joy)

5:30 PM

**LES MILLS  
BODYPUMP**  
(Brooke)

# Group X (Studio 1) - CLASS DESCRIPTIONS

## **BODY BLAST CIRCUIT**

Body Blast is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.



BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.



BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## **BUILD & BURN**

A HIIT class that uses barbells, plates, and body weight to hit all the muscle groups. Not only strengthening, but building lean muscles.

## **HIIT CORE & RECOVERY**

High Intensity Interval Training with 30 minutes of ALL core and you will finish with 25 minutes of a full body stretch. This is a perfect workout for all fitness levels.

## **HIIT STRENGTH**

High Intensity Interval Training using weights and body weight to work all muscle groups and get your heart rate into your highest zone, pushing your fitness to the next level.

## **KICKBOXING**

An action-packed workout that combines a series of punching and kicking combinations. This class improves strength, muscle tone, and endurance.



This class is designed for participants 65 years and over who will move through a variety of exercises to improve a range of motion that can be used to promote active daily living.

## **TABATA**

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds



LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

## **TONE AND CRUNCH**

Ignite your workout by using weights, Body Bars, bands, balls etc. to tone, shape and sculpt your whole body with a core and stretch at the end.

## **TOTAL BODY TONE**

In Total Body Tone you will use anything from weights, bands, gliders, balls and the bench. Every class is different! This class will help you shed that excess fat while building strength and endurance. All levels welcome!



This fun, easy to follow format will introduce you to international dance moves and rhythms. These classes are taught by certified and licensed Zumba instructors. These routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

# JULY

**PULSEology**  
FITNESS CLUB

**(YOGA/SPIN)**  
**STUDIO 2**

MON

TUE

WED

THUR

FRI

SAT

SUN

7:30 AM

8:30 AM

9:30 AM

10:30 AM

STRETCH &  
RECOVER (30 MIN)  
(ALISON)

VINYASA FLOW  
(CAROLINE)

MAT PILATES  
(SHEA)

VINYASA FLOW  
(CAROLINE)

MAT PILATES  
(SHEA)

\*FLOW&STRETCH\*  
(KAYLA)

\*INSPIRED YOGA\*  
(KAYLA)

BARRE  
(KATIE)

CYCLE  
(MALLORIE)

BARRE  
(KATIE)

ESSENTIAL YOGA  
(SHEA)

CYCLE  
(ELLA)

5:00 PM

5:30 PM

6:00 PM

6:30 PM

MAT PILATES  
(SHEA)

CYCLE  
(TRISH)

FLOW & STRETCH  
(BENEDICTE)

RESTORATIVE  
YOGA  
(SHEA)

INVIGORATING  
YOGA  
(BENEDICTE)

# Studio 2 (YOGA/SPIN) - CLASS DESCRIPTIONS

## **BARRE**

Expect body-affirming language and movements from Pilates and Yoga that focus on embracing and celebrating your body's strength and capabilities. Movements are designed to promote body awareness, alignment, and grace, fostering a sense of empowerment and confidence.

## **ESSENTIAL YOGA**

In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. ... Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers

## **FLOW & STRETCH YOGA**

30 minutes of Vinyasa/flow/yang yoga, followed by 30 minutes of Yin Yoga. This class will wake up your whole body on all levels: Muscular, blood flow, Cardio with Vin followed by deep stretch of your muscles and joints with yin poses holding for longer periods of time. A good balance!

## **INSPIRED YOGA\*\*\*\*NEW**

During this class, breath will be used to heat your body, linking each breath to movement. Expect poses that are familiar, but with creative variations to keep ourselves inspired and class fun. Be ready to feel relaxed, rewarded, and ready to take on your week. Some sessions will close with guided meditation.

## **INVIGORATING YOGA**

This class is a flow of multiple poses that will be held for longer periods of time. It is about strengthening while getting that full body workout. Be prepared for a good sweat. You will finish the class with stretching.

## **MAT PILATES**

Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core.

## **RESTORATIVE CANDLELIGHT YOGA**

Stretch, relax and release your day. Enjoy an evening of restorative practice set to candle light. This class focuses on postures to completely relax your muscles and put you in a meditative state.

## **SPIN CYCLE**

This indoor cycling class is designed for all fitness levels. ... Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

## **STRETCH & RECOVERY (30 MINUTE)**

Enjoy 30 minutes of stretching to improve your performance, decrease risk of injuries, improve flexibility and increase muscle blood flow.

## **VINYASA FLOW**

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way," vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.