

# FITNESS CLASSES AT THE JOE

## JANUARY 8 - FEBRUARY 17 (6 WEEKS)

### MONDAY

**Gentle Yoga**  
9 - 9:45 AM

**Aquafitness**  
10 - 10:45 AM

**Mobility/Stretch**  
12:05 - 12:50 PM

**Walk The Plank**  
5 - 5:30 PM

**Spin**  
5:45 - 6:30 PM

**Hatha Yoga**  
6:45 - 7:30 PM

### TUESDAY

**MomFit**  
9:15 - 10 AM

**Active Aging**  
10:15 - 11 AM

**Therapeutic Yoga**  
11:15 AM - 12 PM

**Kettlebells**  
12:10 - 12:40 PM

**Strength & Sculpt**  
5 - 6 PM

**All Ball**  
6:15 - 7 PM

**Aqua Blast**  
7:15 - 8 PM

### WEDNESDAY

**Gentle Yoga**  
9 - 9:45 AM

**Aquafitness**  
10 - 10:45 AM

**Mobility/Stretch**  
12:05 - 12:50 PM

**6-Pack Abs**  
5 - 5:45 PM

**T.B.C**  
6 - 7 PM

**Hatha Yoga**  
7:15 - 8 PM

### THURSDAY

**Active Aging**  
10:15 - 11 AM

**Therapeutic Yoga**  
11:15 AM - 12 PM

**Kettlebells**  
12:10 - 12:40 PM

**Strength & Sculpt**  
5 - 6 PM

**Slow Mobility Flow**  
6:15 - 7 PM

**Aqua Blast**  
7:15 - 8 PM

### FRIDAY

**Yogalates**  
9:15 - 10 AM

**Aquafitness**  
10 - 10:45 AM

**Motivator PT**  
10:30 - 11:30 AM

**Core & More**  
12:10 - 12:40 PM

### SATURDAY

**HIIT Spin**  
9:15 - 9:45 AM

# CLASS DESCRIPTIONS & PRICING

## **6-Pack Abs – Renate (\$45)**

This class will concentrate on strengthening your core muscles using functional & safe exercises. All levels are welcome.

## **All Ball – Athena (\$45)**

Perform exercises on a large stability ball to help challenge your muscles, strengthen muscles, increase mobility & improve posture.

## **Active Aging – Fazia (\$0)**

Aerobic, strengthening, balance & stretching - this class is your go-to for improving your overall quality of life. Tailored for ages 60+. Funded by the KDFHT, TKL, & NELHIN.

## **Aquafitness - Anna / Darlene (\$135)**

Aquafitness provides a low impact, high energy workout for participants of all ages, skill, and fitness levels. Jump in and make a splash!

## **Aqua Blast – Athena / Angela (\$90)**

Aqua Blast is a fun low impact fitness class in the lap pool. Join us for intervals of cardio, strength, & endurance using aqua weights and water resistance.

## **Core & More - Jeri-Ann (\$33)**

Engage your core, pelvic floor, glutes, and all surrounding muscles in this 30-minute class. The focus will be on control, breathing, and endurance.

## **Gentle Yoga – Kim (\$90)**

Gentle in its approach, this yoga class is slow-paced with some modified positions. Positions are held for an extended period of time for increased relaxation.

## **Hatha Yoga – Poonam**

**(\$45 - Mon / \$45 Wed)**

Intermediate-Advanced Yoga consisting of classic sun salutations, asanas, chanting, and pranayama. Challenge yourself each week!

## **HIIT Spin – Athena (\$27.50)**

This spin HIIT class will give you a heart-pumping spin cardio blast. Intervals make the class fly by then continue with your day feeling accomplished.

## **Kettlebells – Michelle (\$66)**

Strengthen and tone your whole body at lunchtime! You will swing and squat to improve strength & cardiovascular endurance.

## **Mobility/Stretch – Athena (\$90)**

The mobility class combines multiple methods of stretching + strengthening while improving movement quality. Chair options are provided. You'll love the post-class feeling!

## **MomFit - Michelle / Jeri-Ann (\$45)**

A well-rounded class for women that includes all types of fitness training (cardio, strength, flexibility, and more). Children can attend if they're able to remain on an exercise mat.

## **Motivator PT – Jeri-Ann (\$45)**

Join Personal Trainer Jeri-Ann in our gyms (co-ed, women's, and multipurpose court) for encouragement, exercise ideas/modifications or to learn something new. FREE for members with a fitness membership!

## **Slow Mobility Flow - Michelle (\$45)**

Hinge, squat, lunge, push, pull, twist, and gait are the 7 primal movement patterns that Michelle will explore in this unique class.

## **Spin - Athena (\$45)**

With a mix of sprints and heavy climbs all timed to the beat of the music, you'll be counting down the hours till you're back in the saddle. New Spinners are asked to arrive 10 minutes early for instruction/bike set up.

## **Strength & Sculpt – Renate (\$90)**

Work all muscle groups with a variety of strengthening and conditioning exercises. This class tones upper & lower body using weights, resistance bands, TRX, and body weight.

## **T.B.C – Renate (\$45)**

Total Body Conditioning is a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain challenging exercises that will improve overall conditioning and decrease body fat.

## **Therapeutic Yoga - Fazia (\$90)**

Gentle fluid movements synchronized with breath and some restorative forms. This class is perfect for older adults or individuals with mobility restrictions.

## **Walk The Plank – Michelle (\$33)**

Planks, planks, and more planks! Michelle makes planks FUN in this express 30-minute class that will challenge your core and entire body!

## **Yogalates – Jeri-Ann (\$45)**

Wall Pilates + Pliable mixed into one class! This class will be held in the squash court as the wall (and a mat) are the only required tools for a great workout!

*\*Registration closes Jan. 4 and only classes that minimum registration requirements will run. We encourage participants to register early.*