

# WYNDHURST CLUB October 2021 SCHEDULE

<u>TIME</u>	<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
7:00am					<b>Rhythm Ride</b> -Josh-		
8:00am	<b>Aqua Fit</b> -Brittany -			<b>Yoga Flow</b> -Shannan-	<b>Aqua Fit</b> -Brittany -		<b>Balance &amp; Stretch</b> -Guest Instructor-
9:00am			<b>Cardio &amp; Core</b> -Kathy-	<b>Aqua Fit</b> -Shanna-		<b>Cardio &amp; Core</b> -Kathy-	
10:00am		<b>Balance &amp; Stretch</b> -Kathy-			<b>Reboot: HIIT</b> -Shannan-	<b>Rhythm Ride</b> -Josh-	<b>Functional Fitness</b> -Guest Instructor-
11:00am							<b>Shoulder Release</b> -Josh-
11:30am		<b>Functional Fitness</b> -Tariq-					
12:00pm			<b>Roll With a Goal</b> -Shannan-			<b>Gentle Flow Yoga</b> -Tamara- (Starts 10/16)	<b>X-Cycle</b> -Josh-
1:30pm			<b>Shoulders Release</b> -Tariq-				
5:00pm	<b>Vinyasa</b> -Shannan-						
5:30pm			<b>Restorative Yoga</b> -Tamara- (Starts 10/13)	<b>Reboot: HIIT</b> -Shannan-	<b>Gentle Flow Yoga</b> -Tamara- (Starts 10/15)		

## CLASS DESCRIPTIONS

### 45 minute classes

**Shoulder Release** - this class will increase the mobility and stability of the entire shoulder girdle using both a foam roller and stretch-out strap.

**X-Cycle** –This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.

**Rhythm Ride** - This class uses cadence ladders and energetic music to improve your cardiovascular and muscular endurance.

**Vinyasa** - Vinyasa Yoga is a flowing, dynamic sequence of poses that is one of the most popular yoga styles in the United States. This type of practice involves synchronizing the breath with a continuous flow of postures.

**Roll With a Goal** - Learn how you can use a full foam roller to give yourself a deep tissue massage and improve your flexibility.

**Cardio & Core**- Join us for a nonstop cardio and core conditioning class with exercises targeted to strengthen and tone your abdominal areas while maintaining an active heart rate.

**Aqua Fit**- This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the Wyndhurst Club pool. Please wear a swimsuit, you will get wet.

**Yoga Flow** – A total body workout that incorporates weights and resistance bands using yoga poses to strengthen your core and build your balance skills.

**Gentle Flow Yoga** – This class incorporates simple flowing techniques to warm up the body, as well as slow paced movements to improve alignment, balance, flexibility and strength.

**Restorative Yoga** - Learn to rest deep in your yoga postures in this practice known as active relaxation.

**Functional Fitness** - Explore the adage that a healthy body equals a healthy mind in this full-body strength workout designed for all levels. Focus on the muscles and movements required for daily activities with general strength training exercises.

**Reboot: HIIT** – Get your heart rate up while moving through both high impact and low impact bootcamp style movements.