

# RESERVED & ADVANCED Group Exercise Classes



Class Name	Activity Number	Start Date	Day & Time	Coach	Location	Total # of Classes	Fee/ Person Resident	Fee/ Person NON-Resident	Special Info
CS 30 Strong	22448	TBD	T, Th 5:30 AM	Coco	Studio B	16	\$80.00	\$120.00	Class is held 2X per week.

## Recurring special event classes

Class Name	Day	Time	Coach	Location	Fee/ Person Member	Fee/ Person NON-Member	Special Info
Saturday Bootcamp	2nd Saturday	8:00 AM	Josie R	Studio B	FREE	DAYPASS	This is a 60 minute Strength and conditioning workout.
Glute Camp	4th Saturday	10:00 AM	Jen C	Studio B	\$10.00	\$15.00	Bring your resistance bands for the best workout!
Restorative Yoga	Bi-Monthly Sunday	3:00 PM	Vickie K	Studio B	\$10.00	\$15.00	This bi-monthly class is held on Sunday, with dates TBA. This class is 60 minutes.
Yin/Yoga Nidra	Bi-Monthly Sunday	11:00 AM	Shonda L	Studio B	\$10.00	\$15.00	This bi-monthly class is held on Sunday, with dates TBA. This class is 60 minutes.

\*Special Event Classes are subject to change. Finalized dates & details will be posted in the Facility and online.



Please see reverse for Class Descriptions.

# RESERVED & ADVANCED Group Exercise Classes

(Jan through March)



Class Name	Class Description
CS Cut & Sculpt	This program uses a method of training designed to quickly and effectively induce whole body muscle growth, based on the physiological principles of muscular hypertrophy. *Please make note of the meeting dates listed in the description online when registering.
CS 30 Strong	This 30-minute class is held twice a week, and it gets you in/out and back to your busy life. This is a results based 8-week program that makes the most of every minute we have together. We will be learning proper form, building muscle to burn fat, and waking up your metabolism. Our instructor's energy and great music will keep you motivated and consistent! Class includes 2 Inbody scans to measure your muscle progress & a weekly dumbbell tracking sheet.

Class Name	SPECIAL Event Class Description
Weekend Bootcamp Fitness	This is a once-a-month weekend strength and conditioning class that mimics our popular weekday Ultimate Conditioning classes with a Coach Turner Twist. This class is designed to achieve the conditioning you need to accomplish any fitness goal by training your entire body.
Glute Camp	Coach Jen's Saturday Morning Glute Camp is 50 minutes of non-stop glute action! This once-a-month class will have you using steps, balls, weights, and more for lots of glute activation that will strengthen, lift, and grow your glutes! Take what you learn in this boot camp style class and use it in your daily workouts too! Resistance bands may be used during class, please bring your own.
Restorative Yoga	This 60-minute Restorative Yoga Class with Coach Vickie will provide increased relaxation and improve your overall wellbeing. Supported, therapeutic poses are provided to achieve physical, mental, and emotional relaxation and balance. Please bring a yoga mat, bolster or pillow, and 3-4 small blankets or bath towels to class.
Yin/Yoga Nidra	This 60-minute Yin Yoga Class with Shonda will provide meditative practice with an aspect of physical and mental restoration and rejuvenation. It is designed as a meditation technique that both relaxes the body and creates a different relationship with thoughts and emotions. Please bring a mat, blanket, eye mask or any additional items that will provide your body with the most comfort and support.