

# GROUP FITNESS CLASS SCHEDULE

## November 2017 (Nov. 5<sup>th</sup> – Dec. 2<sup>nd</sup>)



### Hours of Operation:

Monday-Friday  
5:00 AM-10:00 PM  
Saturday & Sunday  
6:00 AM-10:00 PM

### Thanksgiving Holiday Hours

Wednesday, Nov. 22<sup>nd</sup> - PM classes  
cancelled

All Classes cancelled Nov. 23<sup>rd</sup> - 24<sup>th</sup>

PARTICIPANTS MUST REGISTER FOR CLASSES ONLINE

[www.elevationportal.io](http://www.elevationportal.io)



QUESTIONS? Email [k.cronquist@contactelevation.com](mailto:k.cronquist@contactelevation.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>PURE STRENGTH</b> 6:00-7:00 AM Maurizio	<b>SPIN</b> 6:00-6:50 AM Sarah J. <i>*Held in spin studio</i>		<b>TABATA</b> 6:00-7:00 AM Maurizio	<b>METCON</b> 9:00-9:50 AM Maurizio
<i>New Time &amp; Day!</i>	<b>CREATIVE MOVEMENT</b> (Ages 1-4) 10:30-11:20 AM Leilanni <i>*Held in basement</i>		<i>New Time!</i>			<b>KICKBOX</b> (w/ bags) 10:00-10:50 AM Chris
<i>New Class!</i>	<b>ZUMBA</b> 5:30-6:20 PM Stephania	<b>ZUMBA</b> 6:00-6:50 PM Stephania		<b>ZUMBA</b> 6:00-6:50 PM Stephania		
	<b>HARD CORE</b> 6:30-7:00 PM Maurizio	<b>SPIN</b> 7:00-7:50 PM Sarah J. <i>*Held in spin studio</i>	<b>HARD CORE</b> 6:30-7:00 PM Chris	<b>SPIN</b> 7:00-7:50 PM Sarah J. <i>*Held in spin studio</i>		
	<b>HIIT</b> 7:00-7:50 PM Maurizio	<b>ALL LEVELS YOGA</b> 7:00-8:00 PM Nia	<b>BOOTCAMP</b> 7:00-7:50 PM Chris	<b>ALL LEVELS YOGA</b> 7:00-8:00 PM Cathy		<i>All classes held in group fitness studio (2<sup>nd</sup> floor) unless otherwise noted</i>

# Class Descriptions – November 2017

(Nov. 5<sup>th</sup> – Dec. 2<sup>nd</sup>)

**Hours of Operation:**

Monday-Friday  
5:00 AM-10:00 PM  
Saturday & Sunday  
6:00 AM-10:00 PM

- **All Levels Yoga:** A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. From beginners to advanced, this class is for everyone!
- **Hard Core:** Everyone wants those 6-pack abs, right?! Stop by for a quick 30-minute workout that's all about your midsection. We don't miss any of the muscle groups including low back and obliques and provide functional movements to help you reach your goals!
- **Zumba:** Ditch the workout and join the party – exercise has never been so fun! This fun, easy to follow cardio dance class combines high energy and motivating Latin music. Unique moves and combinations will make you feel like you are partying on the dance floor. Zumba is the best way to “dance away your worries”!
- **Spin:** This class provides a fun and challenging cardiovascular workout for all fitness levels! Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. ... Experience the benefits of a cardio workout plus strength building in one class!
- **HIIT (High Intensity Interval Training):** The concept of this class is to perform a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue. This high-energy class is something you'll look forward to each week! Modifications are always provided so all fitness levels are welcome.
- **Tabata:** Tabata training is one of the hottest trends to build muscle and scorch body fat. Timed intervals will blast calories, but don't worry - there is recovery, too! Usually Tabata consist of 8 rounds of 20 seconds on, 10 seconds rest but can vary from class to class to spice it up!
- **Pure Strength:** Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!
- **MetCon (Metabolic Conditioning):** This is just one of those killer high intensity workouts. This type of training involves a very high work rate using exercises designed to burn more calories during your workout and maximize calories burned after your workout, or your afterburn. Held on the outdoor fitness turf. (If inclement weather, class will be held in the group fitness studio.)
- **Bootcamp:** We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!
- **Kickbox:** Let's utilize those boxing bags! Join us for this action packed class that not only teaches you the foundation and proper technique of punches and kicks, but gives you a full body, kick-butt workout!
- **Creative Movement:** Parents, bring your kids (between ages 1-4) and participate in fun and educational activities!