



# FITNESS CLASS SCHEDULE

## SEPTEMBER 2022

**LABOR DAY HOLIDAY – NO Classes MONDAY, 9/5/22**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 am		6:30 - 7:15 Rock SALT Circuit <i>(in weight room)</i>		6:30 – 7:15 TRAIN to TRANSFORM Joy		
8:30 am					8:30 – 9:30 Walk Run or Bike Tim  <i>(Everyone Welcome)</i>	
9:00 am	<b>(NEW CLASS)</b>  9 – 10 CROSSFIRE Erin	9 - 10 Pilates Fusion Erin	9-10 BARRE Above Katie		<b>(NEW CLASS)</b>  9 -10 CHISEL & Burn Katie	<b>(NEW TIME)</b>  9 - 10 Instructor's Choice Erin
5:30 pm	5:30 – 6:15 TRAIN to TRANSFORM Joy		5:30 – 6:15 STEP it UP Joy	<b>(NEW CLASS)</b>  5:30 – 6:15 STRETCH 'n REFRESH Savannah		

Fitness Center Hours: 5:30 am to 10 pm (every day)

- Use "fob" on South Entrance door between the hours of 5:30 am – 8:00 am & 5:00 pm – 10:00 pm
- During business hours (8:00 am – 5:00 pm) please use main entrance doors

Spa Hours: Monday – Wednesday - Friday: 6 am – 6 pm

**Tuesday & Thursday: 6 am – 8 pm (extended hours)**

Saturday: 8 am – 12 pm

Sunday: Spa is Closed

## **NEW SALT Health WALK – RUN – BIKE**

It's the perfect season to get outside to Walk, Run or Bike! Everyone will meet weekly on Friday mornings, which allows Tim to lead and provide running tips and sports nutrition recommendations. All runners and those aspiring to be runners are encouraged to show up, including all ages and abilities. Special monthly events will be planned from time to time, including meeting at a local brewery for drinks and conversation post-run.

That's it, no cost to join — just your commitment to show up, learn, get fit and enjoy time with others. (All Fitness Levels)

## **BARRE ABOVE**

Barre Above® classes incorporate sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility, and posture. Fusing the best of Pilates, cardio, and elements of strength, Barre Above® delivers a results-driven workout that is not only fun and dynamic but will sculpt your body and get you into amazing shape. Designed for a wide range of fitness levels, ages, and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. No dance experience necessary. (All Fitness Levels)

## **NEW CHISEL & BURN**

Are you interested in burning fat, building muscle, increasing strength and stamina? Then this workout is for you. This class is designed to help shed that excess fat while building strength and endurance focusing on isolation exercises with free weights and resistance, bodyweight exercises and finishes with core training and stretching for a complete workout. (All Fitness Levels)

## **NEW CROSSFIRE**

Crossfire is a metabolism boosting 45-minute workout utilizing multiple joint movements and full body exercises performed at a high intensity. Metabolic style training is FUN! The workouts move quickly, the exercises are constantly changing, and it forces you to use your whole body as a unit. It incorporates super effective strength moves that build firm and lean muscle which is key to building a robust metabolism. Get ready for your fitness to get fired up! (All Fitness Levels with Modifications)

## **PILATE FUSION**

Designed for people who want a vigorous yoga practice and those seeking an expanded Pilates practice. The timeless traditions of yoga blend seamlessly with postural strength and balanced practice of the Pilates Method to create peaceful alignment in your body, better posture, increased energy, and good health. (All Fitness Levels)

## **ROCK SALT CIRCUIT**

Weight machine and Cardio circuit training provides a way to improve your muscular strength and cardiovascular fitness simultaneously. A circuit is a series of exercises you perform with little rest in between. By doing the exercises consecutively you keep your heart rate up, improving your aerobic fitness and burning more calories than standard resistance training. This class will be in the weight room and is programmed with a timed, work / rest ratio, giving participants enough time to sanitize between stations for an ultimate workout in a clean and safe environment. (Class size is limited and registration is strongly encouraged)

## **STEP it UP**

This cardio workout has endured the test of time for one simple reason: *It delivers results*. We will target Core, Legs, and Glutes, as we improve Cardiovascular Health, Aerobic Endurance, Bone & Muscle Strength and even Mental Health. It is the perfect mix of calorie burning, toning and fun! (All Fitness Levels)

## **NEW STRETCH 'n REFRESH**

Crazy day? Tough week? Spend some time with Savannah to refresh your mind and body. This 45-minute class is for anyone who would like to increase their flexibility and range of motion. You will learn how to safely stretch your legs, hips, shoulders, and back while building the muscle and balance needed to use your flexibility. Perfect for all levels. Mats are available, but if you have your own you are welcome to bring it. (All Fitness Levels)

## **TRAIN to TRANSFORM**

This class is designed as a total body workout to enhance muscle definition, balance, strength, and endurance. We will focus on the upper and lower body, as well as core and you will leave with a better understanding of proper weightlifting biomechanics. The class uses a variety of modalities and music to enhance motivation and achieve the goal of transformation. (All Fitness Levels)