

WINTER Group Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| AM | AM | AM | AM | AM | AM |
| 5:30 - 6:15 am Heather LESMILLS BODYPUMP EXPRESS | | 5:30 - 6:15 am Kay LESMILLS BODYPUMP EXPRESS | | | |
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| 8:00 - 8:50 am Sandy YOGA STRETCH | | 8:00 - 9:00 am Karen Alignment YOGA | 8:15 - 9:00 am Karen ZUMBA toning | 8:00 - 9:00 am Karen YOGA STRETCH | 8:00 - 9:00 am Instructor Rotation LESMILLS BODYPUMP EXPRESS |
| 9:15 - 10:00 am Karen ZUMBA gold | 9:30 - 10:30 am Julie SILVER FIT | | 9:30 - 10:30 am Julie SILVER FIT | | 9:15 - 10:15 am Instructor Rotation Hatha Yoga |
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| PM | PM | PM | PM | PM | PM |
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| 5:15 - 6:00 pm Kay LESMILLS BODYPUMP EXPRESS | 5:00 - 6:00 pm Wendy Winger vinyasa yoga | 5:15 - 6:15 pm Sally BODYPUMP | 5:30 - 6:15 pm Karen Hatha Yoga | |  |
| | 5:30 - 6:15 pm Heidi CYCLING | | | |  <p>Keep calm and enjoy winter</p> |
| | | HIGHLAND F.I.T.N.E.S.S. WE'RE CHANGING LIVES | | | |
| All class times are subject to change. Please contact Highland East for updates or go to www.hIGHLANDfitness.com | | | | | |

GROUP FITNESS CLASS DESCRIPTIONS

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|  | Yoga STRETCH is a relaxed-pace class that integrates breath work with deliberate muscle elongation, toning, and spacial awareness for a greater sense of balance and direction, physically and energetically. Class will start out gentle, then combine flow and deeper stretching, and end with relaxation. No experience necessary, available for all levels. |
|  | Alignment Yoga focuses on aligning your body to improve your posture and movement by working your core and postural muscles. No experience necessary, available for all levels. |
|  | Vinyasa Yoga is designed to develop balance and strength. This practice is a total body workout that creates longer, leaner muscles, and more mobility in the body to improve circulation. There is a strong emphasis on learning basic sun salutations as well as sequences that match breath to basic postures. Power Flow - Basic understanding of yoga postures & desire to expand current yoga practice. Beginner Level 1 - Available for All Levels. |
|  | Hatha Yoga incorporates breath work and postures to increase the body's alignment, strength and flexibility. Emphasis on the inner core, building awareness, and finding ease in the body. Available for all levels. |
|  | Hatha Yoga 45 is our express, 45 minute, mid-day yoga class - the perfect fuel for your lunch break to fire up your energy and freshen your mind for the rest of your day. No experience necessary, available for all levels. |
|  | Pilates Matwork guides you into stretching strengthening the entire body, with emphasis placed on core muscles. This class is based on the original workout created by Joseph Pilates. Exercises performed on your mat and geared toward all levels, whether beginner or advanced. |
|   | ZUMBA is exercise in disguise, with classes that are fun, energetic, and make you feel amazing. By the time they've moved to each class's Latin and world rhythms, students often forget that they've gotten a total workout combining cardio, muscle conditioning, balance, and flexibility. Classes are medium- to high-intensity, but no experience is necessary. Zumba Gold was designed to teach the basic dance steps to anyone, and provides an appropriate workout for those just beginning a fitness program. |
|  | Zumba Toning incorporates weighted toning sticks to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights. Zumba toning keeps Zumba's essence while focusing on strength training the arms, abs, and thighs. |
|  | Silver Fit is a fun way to increase your muscular strength, flexibility, balance, and range of motion to improve your activities of daily living. Lead by a certified personal trainer that will guide you through a fun low-impact workout offering hand-held weights and bands for additional resistance. A chair is available if needed for seated or standing support. |
|  | Cycling classes bring back fun memories of riding a bike as a kid with an added bonus—getting stronger and healthier! Choose the fitness level that you are most comfortable, whether you are a beginner or a veteran looking to challenge yourself. Work those calorie-burning leg muscles with a low impact workout that will bring your cardio to the next level. |
|   | BodyPump 's high intensity, strength-focused classes are for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you'll be sure to get a total body workout. Instructors will coach you through the movements and techniques all the while pumping out encouragement to great music. Pump it UP! |

NO EXPERIENCE NEEDED -- ALL LEVELS OF EXPERIENCE WELCOME -- ALL EQUIPMENT PROVIDED