


























# November

## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
5:30 - 6:30 am Terri 	5:30 - 6:15 am Sandy 	5:30 - 6:30 am Terri 	5:30 - 6:15 am Sandy 	5:30 - 6:30 am Karen (Beginner Level 1) 	
The "Science of Yoga" Event - Saturday, November 4th 9:00-10:15AM at Highland East. FREE TO THE PUBLIC! Enjoy a short discussion of yoga, ask questions, eat some snacks, and take a one hour all levels yoga class!			7:00 - 7:45 am Karen 		
8:15 - 9:15 am Anna 	8:00 - 9:00 am Karen 	8:15 - 9:15 am Ellen 	8:00 - 8:45 am Sandy 	9:15 - 10:15 am Anna 	8:00 - 9:00 am Instructor Rotation 
	9:15 - 10:00 am Pamela 	9:30 - 10:30 am Ellen 			
9:30 - 10:30 am Julie 	9:30 - 10:30 am Julie 		9:30 - 10:30 am Julie 		
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>
	12:00-12:45 pm Courtney 		12:00-12:45 pm Anna/Courtney 	 <p><b>"Give Thanks Medley Event!"</b></p> <p>Saturday, November 18th 8:00AM-11:00AM</p> <p>Try a variety of group fitness classes, 30 minutes each, enjoy some healthy snacks, and bring a friend!</p> <p>COME FOR SOME OF IT <i>or</i> COME FOR ALL OF IT!</p>	
5:15 - 6:15 pm Sally 	5:00 - 6:00 pm Anna 	5:15 - 6:15 pm Kay 	5:00 - 6:00 pm Courtney 		
	5:30 - 6:15 pm Heidi 				
All class times are subject to change. Please contact Highland East for updates or go to <a href="http://www.highlandfitness.com">www.highlandfitness.com</a>					

## GROUP FITNESS CLASS DESCRIPTIONS

 <p>Restorative <b>YOGA</b></p>	<p>Restorative Yoga 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.</p>
 <p>Alignment <b>YOGA</b></p>	<p><b>Alignment Yoga</b> 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.</p>
 <p>vinyasa yoga</p>	<p>Vinyasa (Beginner Level 1) 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. Available for all levels.</p>
 <p>Hatha Yoga</p>	<p><b>Hatha Yoga</b> 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.</p>
 <p>yoga 45</p>	<p><b>Hatha Yoga 45</b> 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.</p>
 <p>ZUMBA<sup>®</sup> gold</p>	<p>ZUMBA<sup>®</sup> GOLD uses the same great Zumba formula, we add a longer warm up and cool down to allow participants a program improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold was designed to teach the basic dance steps to anyone. Zumba Gold provides an appropriate workout for those just beginning a fitness program. Feeling the music happens when one suddenly forgets they are dancing in a class and the music is the reason to move with joy.</p>
 <p>ZUMBA<sup>®</sup> toning</p>	<p>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.</p>
 <p>SILVER FIT</p>	<p>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.</p>
 <p>CYCLING</p>	<p>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.</p>
 <p>BODYPUMP LES MILLS BODY TRAINING SYSTEMS</p>	<p>These 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!</p>

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