

# Fitness & Wellness



## Group Fitness Schedule 8.19-10.14 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Boot Camp</b> 6:00–6:50 a.m. Erin Fitness Studio	<b>Interval Training</b> 8:00–8:50 a.m. Teresa Fitness Studio	<b>Boot Camp</b> 6:00–6:50 a.m. Christy Gymnasium	<b>Boot Camp</b> 6:00–6:50 a.m. Tanya Fitness Studio	<b>Yoga</b> 8:00–8:50 a.m. Artie Fitness Studio	<b>Stretch</b> 7:15–8:20 a.m. Christy Fitness Studio
<b>Power Pilates</b> 8:00–8:50 a.m. Artie Fitness Studio	<b>Pilates</b> 9:00–9:50 a.m. Christy Fitness Studio	<b>Pilates, Legs, &amp; Weights</b> 8:00–8:50 a.m. Artie Fitness Studio	<b>Interval Training</b> 9:00–9:50 a.m. Michelle Fitness Studio	<b>Senior Strength &amp; Stretch</b> 9:00–10:30 a.m. Laurie Fitness Studio	<b>Recap Cardio</b> 8:30–9:20 a.m. Christy Fitness Studio
<b>10/10</b> 9:00–9:50 a.m. Christy Fitness Studio	<b>Mix it Up!</b> 10:00–10:50 a.m. Lisa Fitness Studio	<b>Stretch</b> 8:00–8:50 a.m. Christy Gymnasium	<b>Mix it Up!</b> 10:00–10:50 a.m. Lisa Fitness Studio	<b>HIT Strength</b> 4:30–5:20 p.m. Christy Fitness Studio <i>Starts Sept. 7th</i>	<b>Pilates</b> 9:30–10:20 a.m. Christy Fitness Studio
<b>Senior Strength &amp; Stretch</b> 10:00–11:30 a.m. Laurie Fitness Studio	<b>Silver Sneakers Classic</b> 10:00–10:50 a.m. Christy Gymnasium	<b>Low Impact and Sculpt</b> 9:00–9:50 a.m. Artie Fitness Studio	<b>Silver Sneakers Classic</b> 10:00–10:50 a.m. Michelle Gymnasium		<b>SUNDAY</b>
<b>Interval Training</b> 4:30–5:20 p.m. Christy Fitness Studio	<b>Circuit Training</b> 5:00–5:50 p.m. Christy Fitness Studio <i>Free for Members</i>	<b>Boot Camp</b> 9:00–9:50 a.m. Christy Gymnasium	<b>Recap Cardio</b> 5:00–5:50 p.m. Christy Fitness Studio		<b>Total Body</b> 10:00 a.m.–11:00 a.m. Mary Fitness Studio
<b>Step &amp; Sculpt</b> 5:30–6:20 p.m. Christy Fitness Studio	<b>Spin &amp; Strength</b> 6:00–7:00 p.m. Christy Spinning Room	<b>Cardio Sculpt</b> 5:30–6:20 p.m. Mary Fitness Studio	<b>Tabata Training</b> 6:00–6:50 p.m. Christy Fitness Studio <i>Free for Members</i>		
<b>Vinyasa Yoga</b> 6:30–7:20 p.m. Molly Fitness Studio		<b>Strength</b> 6:30–7:20 p.m. Tanya Fitness Studio			
<b>Pilates Power</b> 7:30–8:20 p.m. Molly Fitness Studio					
<b>FREE WEEK</b> August 19th–25th					
<b>Pricing</b>					
	Member			Non Member	
20 Classes	\$100			\$140	
Single Class	\$7			\$10	

### Bootcamp

Knock out that workout early! Bootcamp format changes frequently, but one thing that stays the same is you will get a GREAT workout every time!

### Low Impact and Sculpt **NEW**

This class utilizes weights and other studio equipment to condition and sculpt, targeting abs, glutes, legs and upper body incorporating fun, low impact cardio.

### Tabata Training

The class is based on the Tabata training model of 20 seconds "on" and 10 seconds "off" going from cardio to strength throughout the workout.

### Yoga

A discipline which uses physical postures, breathing techniques, and meditation to bring the body into a healthier state and allow the mind to open more freely. Beginners to advanced yoga practitioners can link breath to stretch and strengthen the body while creating internal energy.

### Vinyasa Yoga

A discipline which uses a series of flowing postures linked by breath to strengthen and stretch the body while creating internal energy. (Intermediate)

### Senior Strength and Stretch

Following a light warm up, a mix of strength training and core work followed by stretching with a heavy focus on form. A great Senior friendly full body workout.

### HIT Strength

High intensity weight training using various equipment such as kettlebells, TRX training style, BOSU, and more to build strength with cardio intervals incorporated. This class will be held on the outdoor gym or in the park weather permitting.

### Recap Cardio

15 minutes of kick boxing, 15 minutes of step, 15 minutes of aerobic/dance and 5 minutes of deep meditation. All of these styles can be easily adjusted to low impact. This class will highlight the weeks cardio in one class ending with a five minute meditation to start your weekend off right!

### SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### Mix It Up!

If you hate doing the same workout twice, this is the class for you! Get a different workout every time that will challenge you to the max! Mix It Up incorporates cardio and toning exercises with modifications for all fitness levels.

### Stretch

Stretching using foam rollers, straps, and our own body to release the stress of the week. Weather permitting, the class will be held outside. Meet in the lobby for the class location that day.

### Interval Training

Get the most out of your workout with this variation of cardio and weights in timed intervals that will get your heart rate up while burning through the fat in your muscles

### Step n' Sculpt

Step up your fitness with this mix of cardio and weights. The instructor will take you through a cardio step workout then push your muscles with toning using various equipment.

### Pilates

Increase flexibility, and strengthen muscles with these intense workouts. Pilates uses slow, controlled movements in the form of mat exercises to tone and strengthen body.

### Pilates, Legs, & Weights

This class will incorporate basic Pilates moves, core work, legs, and resistance training.

### Pilates Power

Improve your body's ability to move with skill and efficiency by developing strength and power in this Pilates core infused bodyweight training class.

### Strength **NEW**

Weights and resistance work to develop muscular strength and endurance will also define your upper body, core, hips and thighs. Added Pilates movements and a focus on flexibility round out this workout.

### Circuit Training

A mix of cardio and strength in every class so you get the best of both worlds! Suited for all fitness levels.

### Spin and Strength

Burn some serious calories during this class! For the ride portion: variations of speed, jumps, and sprints for 45 minutes. After, you will move to the Fitness Studio for 15 minutes of Strength and Stretch. Class starts in the "Spin Room" downstairs in the fitness area.

### 10/10

This class will alternate between 10 minutes of low/high impact and 10 minutes of strength. This combo will raise and maintain your heart rate while breaking down and fatiguing your muscles.

### Total Body

Get a TOTAL BODY workout every time with this high energy class that combines cardio & weights! Use a variety of equipment from steps to bands with Cardio Kick boxing incorporated every couple of weeks.

### Cardio Sculpt

This class utilizes a variety of cardio formats including hi/lo, dance fusion, kick boxing, and step while incorporating body sculpting exercises with weights, bands, and other equipment.

### Note

Class size may be limited due to equipment and space requirements. Please be courteous to other members and arrive on time. Instructors may deny access to the class if the class is full. Sunset Hills reserves the right to cancel any class on the basis of low attendance.



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