

# Group Fitness Schedule 1.2-3.21.20



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Boot Camp</b> 6:00-6:50 a.m. Erin Fitness Studio	<b>Spinning</b> 6:00-6:50 a.m. Beth Spin Room	<b>Cardio Pilates</b> 6:00-6:50 a.m. Christy Fitness Studio	<b>Boot Camp</b> 6:00-6:50 a.m. Tanya Fitness Studio	<b>Spinning</b> 6:00-6:50 a.m. Beth Spin Room	<b>Stretch</b> 7:30-8:20 a.m. Christy Fitness Studio	
<b>Pilates</b> 8:00-8:50 a.m. Artie Fitness Studio	<b>Senior Spinning</b> 7:15-8:05 a.m. Laurie Spin Room	<b>Pilates, Legs, &amp; Weights</b> 8:00-8:50 a.m. Artie Fitness Studio <i>Starts 1.15</i>	<b>Senior Spinning</b> 7:15-8:05 a.m. Laurie Spin Room	<b>Core and Cardio</b> 7:00-7:50 a.m. Christy Fitness Studio	<b>Recap Cardio</b> 8:30-9:30 a.m. Christy Fitness Studio	
<b>Spinning</b> 9:00-9:50 a.m. Kim Spin Room	<b>Interval Training</b> 8:00-8:50 a.m. Teresa Fitness Studio	<b>Stretch</b> 8:00-8:50 a.m. Christy Gymnasium	<b>Interval Training</b> 9:00-9:50 a.m. Michelle Fitness Studio	<b>Yoga</b> 8:00-8:50 a.m. Artie Fitness Studio <i>Starts 1.17</i>	<b>Spinning</b> 9:00-9:50 a.m. Michelle Spin Room	
<b>10/10</b> 9:00-9:50 a.m. Christy Fitness Studio	<b>Pilates</b> 9:00-9:50 a.m. Christy Fitness Studio	<b>Functional Training</b> 9:00-9:50 a.m. Christy Fitness Studio	<b>Mix it Up!</b> 10:00-10:50 a.m. Lisa Fitness Studio <i>Starts 1.9</i>	<b>Senior Strength &amp; Stretch</b> 9:00-10:30 a.m. Laurie Fitness Studio	<b>Pilates</b> 9:40-10:30 a.m. Christy Fitness Studio	
<b>Senior Strength &amp; Stretch</b> 10:00-11:30 a.m. Laurie Fitness Studio	<b>Mix it Up!</b> 10:00-10:50 a.m. Lisa Fitness Studio	<b>Core Strength for Seniors</b> 10:00-10:50 a.m. Michelle Fitness Studio	<b>Silver Sneakers Classic</b> 10:00-10:50 a.m. Michelle Gymnasium <i>Free for Members</i>	<b>Spinning</b> 9:00-9:50 a.m. Teresa Spin Room	<b>SUNDAY</b>	
<b>HITT</b> 4:30-5:20 p.m. Christy Fitness Studio	<b>Silver Sneakers Classic</b> 10:00-10:50 a.m. Christy Gymnasium <i>Free for Members</i>	<b>Cardio Sculpt</b> 5:30-6:20 p.m. Mary Fitness Studio	<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; Stretch</b> 5:30-6:20 p.m. Christy Fitness Studio	<b>2-1</b> 5:00-5:50 p.m. Christy Fitness Studio <i>Free for Members</i>	<b>Strength</b> 6:30-7:20 p.m. Tanya Fitness Studio	<b>10/10</b> 6:00-6:50 p.m. Christy Fitness Studio <i>Free for Members</i>	<b>FREE WEEK</b> January 2-8		
<b>Vinyasa Yoga</b> 6:30-7:20 p.m. Molly Fitness Studio	<b>Spinning</b> 6:00-7:00 p.m. Christy Spin Room	<b>Spin &amp; Abs</b> 6:30-7:20 p.m. Michelle Spin Room		<b>PRICING</b>		
<b>Spinning</b> 6:30-7:20 p.m. Michelle Spin Room				Member	Non Member	
				20 Classes	\$110	\$150
				Single Class	\$8	\$10

## CONTACT INFO:

tjohnson@sunset-hills.com • 314.842.7265  
sunset-hills.com/fitness

## 10/10

Monday's class will alternate between 10 minutes of low impact cardio and 10 minutes of strength. The strength portion will focus on 10 minutes of upper body and 10 minutes of core work. Thursday's class will be 2-10 minute blocks of cardio using a step, BOSU, kickboxing or aerobics and can be modified to low impact, a 10 minute block of leg focus, and a 10 minute block of arm focus. Both classes include a 5 minute warm up and 5 minute stretch.

## 2-1

**NEW**

2-1 is a full body workout designed to keep your heart rate up! Class will have 2 strength moves for every 1 cardio move with both high impact and low impact options. If you dislike cardio but need it, this class is for you!

## 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!

## Cardio Pilates

Cardio Pilates will help improve your cardio vascular fitness and tone your body at the same time. The combined workout will also help improve your posture as well lose fat and build muscle. *This class is low impact.*

## 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.

## Functional Training

Train your muscles to help you do everyday activities safely and efficiently. This class will help improve your balance, agility, muscle strength and cardiovascular endurance. Exercises tools, such as fitness balls, kettle bells, BOSU, weights, stairs and your own body weight will be used in this class. Everyone is welcome as modifications are always available for beginners.

## Core and Cardio

Work your heart and your powerhouse in a low impact, barefoot training class. The focus will be to strengthen your core and elevate your heart to a moderate lift. All levels are welcome.

## 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.

## Core Strength for Seniors

A senior focused class on building strength and stability using both traditional and non-traditional core focused exercises.

## 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.

## 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.

## Recap

A cardio class that includes 15 minutes of step, 15 minutes of kick boxing and 15 minutes of aerobics. All of these styles can be performed either high or low impact. Studies show that a regular cardio routine can reduce weight, high cholesterol and blood pressure.

## 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.

## Silver Sneakers 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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## Spinning

Crank up the energy and burn major calories fast in our indoor cycling class! Class is led by certified Spinning instructors, but each participant is in control of their ride and has the power to adjust their bikes to their preferred difficulty. Class has a variety of formats as noted in title. Space is limited in these classes so please call 314.842.7265 to reserve a bike (up to 48 hours in advance).

## Step & Stretch

A classic cardio workout, that will be 40 minutes of step aerobics followed by stretching. For a higher intensity workout you can raise the step or for a lower intensity you can lower the step.

## HIIT

High intensity interval training is a fast paced interval class geared to reduce fat mass and improve cardiovascular strength.

## Strength

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

## Stretch

This class will be held in the gymnasium on Wednesdays. On Wednesday the tools used are tennis balls, straps and the wall to provide deep muscle relief. On Saturdays this class will be held in the fitness room. Arrive 15 minutes early for "open stretch", allowing you to foam roll your entire body before class. Class goes into a guided stretch opening up the entire body using tennis balls, straps, blocks and foam rollers. Class ends with a five minute meditation.

## 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.

## 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)

## 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.

## 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.