



# AUGUST CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM	<b>STRENGTH AND BALANCE</b> Martha   MindBody Studio	<b>STRENGTH AND BALANCE</b> Trudy   Queenax	<b>BARRE FUSION</b> Stefanie   MindBody <b>STRENGTH AND BALANCE</b> Martha   Queenax	<b>STRENGTH AND BALANCE</b> Trudy   Queenax	<b>BARRE FUSION</b> Stefanie   MindBody <b>STRENGTH AND BALANCE</b> Martha   Queenax		
9AM	<b>AQUA FIT</b> Miranda   Main Pool <b>VINYASA YOGA</b> Tish   MindBody Studio		<b>AQUA FIT</b> Miranda   Main Pool <b>VINYASA YOGA</b> Tish   MindBody Studio		<b>AQUA FIT</b> Miranda   Main Pool <b>VINYASA YOGA</b> Tish   MindBody Studio	<b>CYCLE INTERVAL</b> Nicole   Cycle Studio	
9:15AM	<b>CYCLE CLIMB</b> Martha   Cycle Studio	<b>SHRED</b> Trudy   Queenax	<b>CYCLE CLIMB</b> Martha   Cycle Studio	<b>SHRED</b> Trudy   Cycle Studio	<b>CYCLE CLIMB</b> Martha   Cycle Studio		
10 AM		<b>BUTTS &amp; GUTS</b> Trudy   Queenax		<b>BUTTS &amp; GUTS</b> Trudy   Queenax			
11 AM	<b>STRETCH</b> Jacki   MindBody	<b>SIT AND BE FIT</b> Stephanie   Queenax	<b>STRETCH</b> Jacki   MindBody	<b>CHAIR YOGA</b> Stephanie   Queenax	<b>STRETCH</b> Jacki   MindBody		
5 PM	<b>AQUA FIT</b> Miranda   Main Pool		<b>AQUA FIT</b> Miranda   Main Pool				
5:15 PM		<b>CYCLE INTERVAL</b> Nicole   Cycle Studio		<b>CYCLE INTERVAL</b> Nicole   Cycle Studio			
6PM		<b>DANCE BEATZ</b> Lisa   MindBody Studio		<b>DANCE BEATZ</b> Lisa   MindBody Studio			
6:30 PM							

**Active Wellness Center at NorthBay Health**  
1020 Nut Tree Rd, Vacaville, CA 95687

# Class Descriptions

**Aqua Fit:** This 60- minute pool based class is a low impact workout designed to elevate your heart rate, increase flexibility, and build muscle. Each class will combine light aerobic activity with water exercises set to fun music! Level: ALL

**Barre Fusion:** In this 60-minute Barre based class, we combine our favorite parts of ballet, yoga, Pilates and strength training with fun upbeat music. This class uses the barre, hand weights, Bender Balls, and your own body weight, to deliver the burn. Level: intermediate

**Butts and Guts:** This quick 30-minute class focuses on just the lower body and abdominals. Sculpt, shape and strengthen your abdominals, buttock and posture muscles. Combining elements of Pilates, resistance band work and more, this class will get your abs and derriere well-toned. Level: ALL

**Chair Yoga:** This 45-minute class is developed specifically for those looking to for a more supportive and slower paced yoga class. The focus is on developing strength, flexibility, and balance in a supportive environment provided by the use of chairs and other props. People new to yoga are welcome! Level: ALL

**Cycle Climb:** This ride is a 60-minute spin class set to push your endurance to the limit with an array of climbs. You will be working on your strength and endurance while jamming out to fun upbeat music. Whether you are tackling one big climb or a multitude of smaller challenges, you will find yourself lost in “the

**Cycle Interval:** Cycle Interval is a 60-minute workout that will simulate varied intervals, like sprints and other drills to give you a great cardiovascular workout. Come find the inspiration you’ve been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists. Level: ALL

**Dance Beatz:** In this 60-minute party-like-class, you’ll incorporate footwork and body movements from a wide variety of dances including hip-hop, Latin, and ballet (instructor’s choice). Participants groove to the beat as they move their bodies like never before. Level: Intermediate

**S.H.R.E.D.:** This 45-minute class is all about Strength focused Heart Rate movements, while increasing all over Endurance and muscular Definition. Many exercises will use just body weight, but additional tools such as dumbbells, bands, and gliding discs may be used as well. Level: Intermediate- Advanced

**Sit and Be Fit:** In this 45-minute chair based class, you can expect to improve your posture, breathing, strength, flexibility, and balance without ever having to stand up. This class uses an array of equipment like Pilates balls, resistance bands and hand weights, all set to fun upbeat music for an enjoyable workout experience. Level: ALL

**Strength and Balance:** Get stronger, fit and become more balanced in this 60-minute workout! Class begins with lightweight warm-ups then moves into working core posture muscles and overall strength to enhance balance. Class ends with cool-down exercises and muscle stretches. Level: ALL

**Stretch:** Increase your range of motion, improve posture and reduce pain this this full body 60 minute Stretch class. Level: ALL

**Vinyassa Yoga:** The instructor sets the mood for the 60-minute session, where traditional Yoga poses are applied. This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you’re more flexible or ready for more challenging poses. Level: ALL