



# February Guest Week

## **GROUP CLASSES**

2/10 - 2/16

### **2/10 Monday**

**5:45pm - 6:35pm | Red Hot Zumba** - Turn up the heat for this total body, interval style workout and boost your energy, metabolism and FUN in this Valentine themed dance party!

### **2/11 Tuesday**

**10am - 10:50am | REV Heart + Soul** - Feel the love and fun with simple & sweet sequences to focus on sculpting your full body using resistance training movements that are easy on the joints.

**12pm-12:50pm & 5:30pm-6:20pm | Pumped With Love** - Target every major muscle group with high reps using weight plates, dumbbells and your own body weight. A total body burner!

### **2/12 Wednesday**

**10am-10:50am | Dance with LOVE** - Boost your energy and sprinkle love into your day with this dance cardio workout set to a heart filled playlist just for you!

**11:35am-12:05pm | Buddy-Up Core Crush** - Grab a partner (or find one in class) for this session focused on building core strength, stability and stamina using free weights, bands and your own bodyweight both on and off the mat.

**6:35pm-7:35pm | Candlelight Yin-Yoga** - A special twinkle light Yin Yoga blends slowly with mindful yang movements to strengthen and build heat in the body. Followed by gentle movements to cool with passive yin poses that calm and balance the heart, mind and body. (recommendation: bring your own mat - if you do not own a mat, mats are available in class)

### **2/13 Thursday**

**4pm-4:50pm | Spread The Love Zumba** - Boost your energy and metabolism to radiate love from within during this heart loving dance party!

### **2/14 Friday**

**8:30am-9:30am | Release & Renew Your Love-Pilates Mat** - Rejuvenate with self love and take time for you! Experience a combination of targeted Pilates exercises and myofascial release techniques with the incorporation of massage balls for increased range of motion. Then enjoy a refreshing, berry infused water following class.

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### 2/14 Friday continued...

**10am-10:50am | Be My Valentine - Barre** - Meet yourself at the Barre for a beautiful, expressive, valentine class with ballet focus. Move inwards to lyrical music and feel your love.

**11:25am - 11:55am | Body Love, Movement Prep** - Enhance your power output with an active movement routine to warm up your muscles and increase your flexibility to a balanced state prior to strength work. Increase your range of motion and release muscle tightness with selected exercises to love your body.

### 2/15 Saturday

**8:10am - 9am | Feel My Heart Beat - Cycle** - Give back to yourself in this heart healthy workout. Experience low impact, high intensity training all set to your own pace. Melt away stress, burn calories, and leave renewed.

**10:05am - 10:55am | Fiery! Cardio Strength** - Get fired up with this total body workout! Aerobic conditioning meets strength training packed with high intensity strength intervals with minimal rest for a strong heart. Ignite your love with integrative muscle movements, challenging balance and stability, and overall fitness conditioning.

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