

# Providence Health & Fitness CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:30-8:25 AM</b> <b>Barre Classic</b>  Kathy	<b>8:30-9:15 AM</b> <b>Mat Pilates</b>	<b>8:45-9:30 AM</b> <b>HIIT Tabata</b>  Debra	<b>8:15-9:00 AM</b> <b>Mat Pilates</b>		<b>8:00-9:00 AM</b> <b>Barre Cardio</b>  Kathy	<b>8:00-8:45 AM</b> <b>Fit Boot Camp</b>  Marie Ann
<b>9:00-9:45 AM</b> <b>HIIT Tabata</b>  Debra	Reformer**	<b>9:30-10:15 AM</b>	Reformer**	<b>7:30-8:25 AM</b> <b>Barre Sculpt</b>  Kathy	<b>8:30-9:15 AM</b>	<b>9:15-10:30 AM</b> <b>Vinyasa Flow</b> <b>Yoga</b>
<b>11:00-12:00 PM</b> <b>Hatha Yoga</b> Allison *Virtual only	<b>9:30-10:25 AM</b> <b>Cardio Sculpt</b>  Kathy	<b>12:00-12:45 PM</b> <b>Yoga Flow</b> Nadia *Virtual only	<b>9:30-10:25 AM</b> <b>Barre Fusion</b>  Heather	<b>8:30-9:15 AM</b> <b>HIIT Tabata</b>  Debra	<b>9:30-10:30 AM</b> <b>Power Yoga</b>  Amy	
	<b>10:45-12:00 PM</b> <b>Vinyasa Flow</b> <b>Yoga</b> Allison *Virtual only		<b>10:30-11:45 AM</b> <b>Hatha Yoga</b>  Allison *Virtual only	<b>9:30-10:30 AM</b> <b>Vinyasa Flow</b> <b>Yoga</b>  Rose	<b>11:00-12:00 PM</b> <b>Dance Groove</b>  Jennifer	
	<b>5:45-6:45 PM</b> <b>Zumba®</b>  Ashley	<b>6:30-7:15 PM</b> <b>Fit Boot Camp</b>  Mary	<b>5:30-6:30 PM</b> <b>Dance Groove</b>  Wendy			
	<b>7:00-8:00 PM</b> <b>Yoga Flow</b> Nadia *Virtual only	<b>7:30-8:30 PM</b> <b>Yin Yoga</b>  Rose				

Fall Class Schedule Effective

## Class Descriptions

**Barre Cardio:** Small movements combined with fast-paced exercises make for the perfectly sweaty workout that'll leave you feeling good even though your muscles may be burning. Embrace the shake with small, isometric movements you find in our barre classes, then feel the sweat once you start picking up the pace. Improve your cardiovascular health while building that muscular endurance.

**Barre Classic:** A ballet inspired workout, combining cardio, stretch, and toning elements. Classes mainly rely on the body weight for resistance, using the ballet barre to improve balance and flexibility while sculpting the body. Light weights are often used in the toning of the upper body, focusing on postural strength.

**Barre Fusion:** Our Barre Fusion class is a low impact, muscular endurance workout that focuses on high repetitions and small, isometric movements. Instructors bring the heat with their fun, upbeat playlists and are sure to have your muscles shaking and burning so you walk out of class feeling sleek, toned and accomplished.

**Barre Sculpt:** This low-impact, combo class for all levels will give you the perfect mix of barre and sculpt, building both muscular endurance and strength. You'll walk out of class feeling stronger, more toned and accomplished.

**Cardio Sculpt:** This class combines the elements of cardio and strength by using heart pumping intervals of cardio followed by intervals of strength training to give you a full body workout.

**Dance Groove:** This fusion of jazz, hip hop, dancehall, and salsa is a perfect approach in reaching your fitness goals. Lose inches, burn calories, tone through high energy dance moves and progressions. "Dance Groove will make you move!" Building confidence, strength and endurance.

**Fit Boot Camp:** Need an extra push? Our boot camps are designed to keep you on your toes! We want to keep you guessing each class is designed to be different and push you out of your comfort zone! We will challenge you every class! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun – but be prepared for some high intensity training!

**Hatha Yoga:** Improve your overall health and wellbeing while building strength, stamina, and body awareness. Learn, or return to the foundations of yoga postures, by focusing on alignment. This class incorporates the use of props to aid in comfort. Allow your body, mind, and breath to come together to restore energy, reduce stress, increase strength, and flexibility. No yoga experience necessary.

**HIIT Tabata:** An intense cardio-based workout that incorporates high impact interval training. Your instructor will coach and motivate you through a challenging workout using both circuit and Tabata style formats.

**Mat Pilates:** A dynamic, total body workout featuring classical Pilates Exercises with and without small equipment such as the small ball, stretch band and Pilates ring. You'll strengthen your core, tone your hips and thighs and flatten your abs!

**Power Yoga:** The Hottest Workout in Town! A series of flowing postures (exercises) ideal for active individuals who are looking for a unique workout. Develop a leaner, stronger & more flexible body while releasing stress & fatigue \*this class is designed for active people without physical limitations or injury.

**Reformer Pilates:** An exercise method that increases strength, flexibility, coordination, alignment, posture, and balance. Our top-notch instructors provide each client with a personally guided experience. Clients of all levels benefit from this innovative system of mind-body exercises. Pilates helps transform the way your body looks, feels and performs. Benefits include increased energy, muscle tone, core and spine strength, and increased mobility. Pilates can also help alleviate back pain and prevent injury. There is a maximum of five participants in each class, so every client will receive individualized attention in these 60-minute sessions.

**Strength & Stretch:** Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. This class also includes a longer stretching segment.

**TRX Combo:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility & core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity & the user's body weight to complete the exercises. Our classes will move you. Our instructors will inspire you. Modifications are always welcomed in any class.

**Vinyasa Flow Yoga:** This class is a series of postures, one flowing seamlessly into the next, uniting body, mind, and breath. Designed as a moving meditation, every Vinyasa class is unique, creating the opportunity to become stronger, more flexible, and balanced, while practicing being present to the moment.

**Yin Yoga:** Yin yoga is a slow-paced, passive type of yoga that incorporates long holds and deep breaths for a stretch that gets right into the muscle fibers. Designed to prepare the body for comfort in seated meditation, Yin yoga is the perfect complement to more vigorous Yang-based practices like Vinyasa, Ashtanga and Power Yoga.

**Yoga Flow:** Flowing through traditional yoga poses, this class will focus on fundamental principles of breath and alignment and how to link the two. Options for avoiding injury and varying levels for advancement of positions will be given so each class can allow all levels of Yogis to enjoy. This class will cover everything from basic, beginner level poses to poses for restorative, energizing and power yoga.

**Zumba®:** Combines high energy and motivating music with unique moves and combinations that allows you to dance away your worries. It is based on the principle that a workout should be “FUN AND EASY TO DO”! It is a “feel happy’ workout.

All classes are open to all levels of fitness. Instructors will include modifications for all classes.