

# TSH GROUP FITNESS SCHEDULE

# OCT 1 - NOV 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>7:45 - 8:20 am</b> EXPRESS ARMS & ABS charlotte (p)	<b>8:00 - 9:00 am</b> JUMP ROPE molly (p)		<b>8:00 - 9:00 am</b> TOTAL BODY CONDITIONING molly (p)	<b>8:00 - 9:00 am</b> SPINNING INTERVALS danielle (c)	
<b>8:30 - 9:30 am</b> TRIPLE THREAT charlotte (c/p)	<b>8:30 - 9:30 am</b> YOGA maggie (p)		<b>8:30 - 9:20 am</b> SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c)			<b>9:00 - 10:00 am</b> SPINNING STRENGTH danielle (c)
	<b>8:30 - 9:20 am</b> SPINNING STRENGTH sean (c)		<b>9:10 - 10:00 am</b> PILATES meronica (p)		<b>9:00 - 10:00 am</b> YOGA judith (p)	<b>9:00 - 10:00 am</b> YOGA kate (p)
<b>4:30 - 5:25 pm</b> YOGA cynthia (p)	<b>9:40 - 10:30 am</b> PILATES meronica (p)	<b>4:30 - 5:25 pm</b> YOGA melissa (p) Begins Oct. 18		<p>October 12 - December 21</p> <p><b>WINTER SPORTS CONDITIONING</b></p> <p><b>Don't fall behind this winter!</b></p> <p>Join our core strengthening, heart pumping class that will have you on the snow, ready before the snow flies! Led by Molly Lauridsen</p>		
<b>5:30 - 6:30 pm</b> ABC'S ARMS, BUTT, CORE, STRETCH justina (p)	<b>5:40 - 6:30 pm</b> SPINNING INTERVALS melissa (c)	<b>5:30 - 6:30 pm</b> YOGA CORE melissa (p)				

## SPECIAL NOTES

Class Fee = \$6

Classes & Instructors subject to change

Group Memberships Available

Non Members Welcome, Class Fee PLUS Day Fee will apply

## KEY

(c) = Cycling Room

(p) = Program Room

THE  
SWIMMING  
HOLE

For more info please visit our website [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

# CLASS DESCRIPTIONS

## PROGRAM ROOM CLASSES

**JUMP ROPE** - Burn Fat and Body Sculpt. A total body fat burning workout combining intervals of jump rope with strength training exercises for the upper and lower body followed by a solid section of abdominal work. Jumping rope is INTENSE!! Intermediate to advanced levels.

**EXPRESS ARMS & ABS** - Tone your arms with 20 minutes kranking & blast your abs with a 10 minute abs intensive that will have you begging to quit after 5 minutes.

**TOTAL BODY CONDITIONING** - Come ready to isolate and effectively target your muscles to improve your foundation in strength training form and lean muscle mass.

**EARLY RISER** - Your morning & fitness, 15 minutes segments targeting, arms, legs, abdominals, plus a cardio segment.

**TRIPLE THREAT** - A total body workout to increase overall fitness. 30 minutes spinning followed by strength training to tone, strengthen the core and improve cardiovascular fitness using any combinations of Bosu, steps, bar, dumbbells, bands and balls.

**POWER 50** - 20 minutes lower body, 20 minutes upper body and 10 minutes abdominals.

**ABC'S** - Arms, Butt, Core, Stretch - 15minutes of each to help you get stronger, more flexible and summer ready.

## MIND BODY CLASSES

**YOGA** (Beginner) - Open to new students as well as those with an established practice. A well-balanced yoga class that emphasizes breath-directed movement, alignment and steady concentration. This class increases strength, flexibility and balance.

**YOGA CORE** - This class will help to develop a strong core, targeting your abdominals, for a healthier back, improved your posture, flexibility, and strength. Suitable for all levels.

**PILATES** - Improve your posture, strengthen your back, abdominal and buttocks, improve energy levels and become more visibly toned with this mat class.

## SPINNING CLASSES

**ENDURANCE RIDE** - Find a comfortable pace and hold it to increase aerobic fitness by maintaining a steady heart rate during this class. Your endurance zone is 65-75% of your max heart rate, the fuel of choice in this class is FAT.

**INTERVAL RIDE** - Utilizes intervals of higher intensity work with active recovery intervals to increase base fitness and get an accurate measurement of fitness improvement by monitoring recovery heart rate. Interval zone intensity is 65-92% of maximum heart rate.

**STRENGTH RIDE** - Steady consistent pedaling at a higher resistance. This class promotes muscular and cardio fitness. The strength zone is 75-85% of your max heart rate.

**SPINNING ENDURANCE/ INTERVALS (weekly rotation)** - Enjoy the benefits of both SPINNING ENDURANCE & SPINNING INTERVALS with this weekly rotation. of your max heart rate.

For more info visit our website

[www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)