

# TSH GROUP FITNESS SCHEDULE

Feb. 12-28, 2018

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>7:30 - 8:20 am</b> YOGA kelly (p)	<b>8:00 - 9:00 am</b> HIIT molly (c/p)		
<b>8:30 - 9:30 am</b> HIIT 30min SPINNING, 20min HIIT, 10min ABS charlotte (c/p)	<b>8:30 - 9:30 am</b> YOGA maggie (p)	<b>9:10 - 10:00 am</b> PILATES meronica (p)	<b>8:30 - 9:30 am</b> SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c)	<b>9:10 - 10:00 am</b> PILATES meronica (p)	<b>9:00 - 9:50 am</b> SPINNING RACE DAY RIDE danielle (c)	<b>9:00 - 9:55 am</b> SPINNING STRENGTH danielle (c)
	<b>8:30 - 9:20 am</b> SPINNING STRENGTH sean (c)		<b>12:15 - 12:45 pm</b> KETTLEBURN EXPRESS sean (p)		<b>9:00 - 10:00 am</b> YOGA judith (p)	<b>9:00 - 10:00 am</b> CORE'N RESTORE kate (p)
<b>4:30 - 5:25 pm</b> YOGA cynthia (p)	<b>12:15 - 12:45 pm</b> KETTLEBURN EXPRESS sean (p)	<b>4:30 - 5:25 pm</b> YOGA melissa (p)	<b>5:00 - 5:45 pm</b> WINTER SPORTS CONDITIONING CIRCUIT kelly (p)	<b>DIY WORKOUTS</b>  Every week we've got a workout for you on our website and FB page.  Take the challenge, you'll have fun and the satisfaction of a top rate workout.  <a href="http://www.theswimmingholestowe.com">www.theswimmingholestowe.com</a>		
<b>5:30 - 6:30 pm</b> ABC'S ARMS, BUTT, CORE, STRETCH justina (p)	<b>5:30 - 6:30 pm</b> SPINNING CORE'N RESTORE melissa (c)	<b>5:30 - 6:20 pm</b> KETTLEBELL 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.

**HIIT (High Intensity Intermittent Training)** - Scientifically proven to burn fat faster, this time efficient program utilizes cardio intervals on the SPINNING bike, followed by strength intervals, using weights, slam balls, kettle bells and/ or battle ropes. Get ready to sweat. (Monday's class = 30 min SPINNING, 20 min HIIT, 10 min ABS & Friday's class = 60min HIIT)

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

**CORE'N RESTORE** - You can have it all in this combination class geared to build core strength and stability in combination with rhythmic foam rolling to release muscle tension. Self myofascial release enhance daily functional fitness.

**KETTLEBELL CORE** - Quick and efficient, this Kettlebell workout is effective whole- body training, designed to enhance functional strength and conditioning =, along with burning fat, and improving bone density, and overall strength. Each Kettlebell workout, concludes with a dedicated abdominal set.

**WINTER SPORTS CONDITIONING CIRCUIT** - Get prepared for winter, whether you are riding skiing, skating or shoveling snow, this class will improve your functional fitness by using battleropes, kettlebells, foam rollers, medicine balls, and barbells. Get ready to sweat. Open to all levels.

## 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

**SPINNING ENDURANCE** - 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.

**SPINNING RACE DAY RIDE** - Celebrate your hard earned achievements & turn your body into a calorie- blasting powerhouse. Let SPINNING instructor Danielle Dolisie help push yourself to new limits in this ultimate race day ride.

**SPINNING STRENGTH** - 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.

**SPINNING CORE'N RESTORE** - Interval training on the SPINNING bike, followed by Core strengthening exercises targeting butts and abs. The hour is finished off with resting and recharging using the foam roller. The roller, rolls away restrictions, and enhances recovery.

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