

TSH GROUP FITNESS SCHEDULE

OCTOBER 1 - 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45 - 8:15 am QUICK CORE charlotte (p)		7:00 - 7:30 am QUICK CORE annie (p)			
8:30 - 9:30 am HIIT 30min SPINNING, 20min HIIT, 10min ABS sean (c/p)	8:30 - 9:30 am YOGA maggie (p)	8:00 - 8:50 am PILATES meronica (p)	7:45 - 8:45 am ASHTANGA YOGA annie (p)	8:15 - 9:15 am HIIT sean (c/p)	9:00 - 10:00 am YOGA judith (p)	9:00 - 10:00 am BALANCE CORE kate (p)
	8:30 - 9:20 am SPINNING STRENGTH sean (c)		8:30 - 9:30 am SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c)	9:30 - 10:30 am FIND YOUR BALANCE sean (p)		
		5:15 - 6:15 pm POWER YOGA melissa (p)	4:30 - 5:00 pm KETTLEBELL FLOW sean (p)	SHREDMILL A 45-minute cardio based class on the treadmills! Bring your running shoes and stay in shape this fall with long time runner and coach Annie Parsons. October 11-December 6 • 6-6:45am More info online and at the Front Desk Sign-up Today!		
5:30 - 6:30 pm WHOLE STRENGTH 60 justina (p)	4:00 - 5:00 pm YIN YOGA cynthia (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

(s) = Swimming Pool

THE
SWIMMING
HOLE

For more info please visit our website www.theswimmingholestowe.com

CLASS DESCRIPTIONS

PROGRAM ROOM CLASSES

QUICK CORE - Blast your abs with a 30 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)

BALANCE CORE - Balance and flexibility with a bit of core work makes this class the perfect fit for a Sunday morning workout. Utilize balance and find your weaknesses while progressing through a series of core exercises for an overall full body/mind connection!

KETTLEBELL FLOW - A class meant to build strength and open up the joints of the body using kettlebells. This class incorporates full body functional movements for everyday life, while opening many underused ranges of motion throughout different parts of our body!.

FIND YOUR BALANCE - Find your balance and work on it! Balance is key to everyday life, this class includes opening up through light stretching, balance/core work, and some light bodyweight work to build a more stable, balanced body!

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.

For more info visit our website - www.theswimmingholestowe.com