

# TSH GROUP FITNESS SCHEDULE

**NOVEMBER 1 - 30**

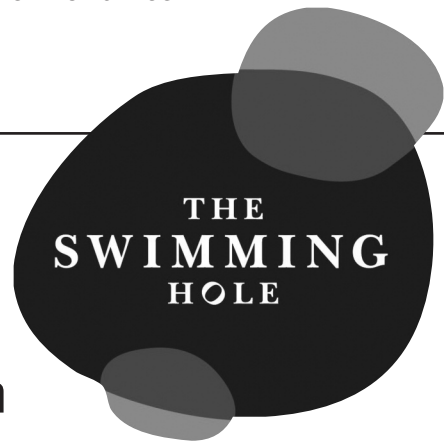
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>7:45 - 8:15 am</b> QUICK CORE charlotte (p)		<b>7:00 - 7:30 am</b> QUICK CORE annie (p)			
<b>8:30 - 9:30 am</b> HIIT 30min SPINNING, 20min HIIT, 10min ABS sean (c/p)	<b>8:30 - 9:30 am</b> YOGA maggie (p)	<b>8:00 - 8:50 am</b> PILATES meronica (p)	<b>7:45 - 8:45 am</b> ASHTANGA YOGA annie (p)	<b>8:15 - 9:15 am</b> HIIT sean (c/p)	<b>9:00 - 10:00 am</b> YOGA judith (p)	<b>9:00 - 10:00 am</b> BALANCE CORE kate (p)
	<b>8:30 - 9:20 am</b> SPINNING STRENGTH sean (c)		<b>8:30 - 9:30 am</b> SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c)	<b>9:30 - 10:30 am</b> FIND YOUR BALANCE sean (p)		
		<b>5:15 - 6:15 pm</b> POWER YOGA melissa (p)		<b>TURKEY DAY CHALLENGE</b> Ride, Run Row your way to a healthy Thanksgiving. PRIZE: Top distance wins a TRUE T-Shirt  <b>November 1-21</b> More info online and at the Front Desk  <b>Sign-up Today!</b>		
<b>5:30 - 6:30 pm</b> WHOLE STRENGTH 60 justina (p)	<b>4:00 - 5:00 pm</b> 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



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

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