

TSH GROUP FITNESS SCHEDULE

DECEMBER 1-31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45 - 8:15 am QUICK CORE charlotte (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)		
	4:00 - 5:00 pm YIN YOGA cynthia (p)	5:15 - 6:15 pm POWER YOGA melissa (p)		12 DAYS OF WELLNESS Dec. 1, 12:00 - TOYS FOR TOTS - with Santa Dec. 2, 9:30am - Sample snack bars - Harvest Market Dec. 3, 8:30am - Myofascial Release - Charlotte Brynn Dec 4, 9:45am - Joint Mobility - Sean Hunt More info online and at the Front Desk Sign-up Today!		
5:30 - 6:30 pm WHOLE STRENGTH 60 justina (p)	5:30 - 6:30 pm YOGA FLOW elyse (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!

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