

TSH GROUP FITNESS SCHEDULE

JUNE 1-30, 2019

| 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 cynthia (p) | 8:30 - 9:15 am BOXIN' FLOW sean (c) | 8:30 - 9:30 am ASHTANGA YOGA annie (p) | 8:30 - 9:30 am HIIT sean (c/p) | 9:00 - 10:00 am YOGA judith (p) | |
| | 8:30 - 9:20 am SPINNING STRENGTH sean (c) | 8:30 - 9:30 am PILATES meronica (p) | 8:30 - 9:30 am SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c) | | | |
| 4:15 - 5:00 pm STRETCH, ROLL & RELEASE charlotte (p) | | | | PERSONAL TRAINING INVEST IN YOUR HEALTH Instead of the typical sets and reps approach to fitness, Swimming Hole personal trainers focus on your specific goals. Individual fitness levels, and a result-driven program is designed specifically for you. Stop by the Front Desk, Today! | | |
| 5:15 - 6:15 pm YOGA cynthia (p) | 5:30 - 6:30 pm WHOLE STRENGTH 60 justina (p) | | | | | |

SPECIAL NOTES

- Class Fee = \$8
- Classes & Instructors subject to change
- Group Memberships Available
- Non Members Class only Summer Special \$16/Class *(Class Only Rate Does not include use of TSH cardio room, strength training room or pool facilities)*
- Non Members Class & Day Pass Summer Special \$22 *(Includes use of TSH cardio room, strength training room or pool facilities & one group fitness class)*

KEY

- (c) = Cycling Room
- (p) = Program Room
- (s) = Swimming Pool
- (r) = Cardio Room

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)

BOXIN' FLOW - An all around class for people looking to learn the basics of boxing, have a little fun, get moving, and finish with some great full body opening and stretching of the joints and muscles! This class is 45 Minutes and geared towards everyone!

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.

ASHTANGA YOGA - Ashtanga yoga is a dynamic, flowing style that connects the movement of the body with the breath. The method stresses the importance of daily practice of a set series of movements.

STRETCH, ROLL & RELEASE - Foam rolling is a type of self-myofascial release(SMFR) that's used to restore optimal muscle length and improve function. Studies have shown that using the foam roller before stretching/yoga enhances flexibility, improves joint range of motion and muscle recovery. Join us as we prepare the body to stretch by utilizing the foam roller, followed by a sequence of stretches designed to release tight muscles of the back, open the hips and improves shoulder health and mobility.

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 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