TSH GROUP FITNESS SCHEDULE

JULY 1-31, 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 - 9:30 am** PILATES meronica (p)	**8:30 - 9:30 am** SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c)	**8:30 - 9:30 am** HIIT sean (c/p)	**9:00 - 10:00 am** YOGA judith (p)	
9:30 - 10:15 am STRETCH, ROLL, AND RELEASE charlotte (p)		**9:45 - 10:30 am** BALANCE AND BANDS sean (p)				**10:00 - 11:15 am** SPIN & SCULPT kim (c)
4:30 - 5:30 pm YOGA cynthia (p)						
	5:30 - 6:30 pm WHOLE STRENGTH 60 justina (p)	**5:30 - 6:30 pm** SPIN & SCULPT kim (c)				

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!

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)

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.

BALANCE AND BANDS - A Strength based class with some added balance work to help maintain and improve overall strength and balance throughout the body.

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.

SPIN & SCULPT - The ideal combo to complete your workout. Under Kim's guidance, newbies and veterans alike comfortable riding and light weight lifting side-by-side.

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