

## Fitness Class Schedule

### June, July, August & September 2017 (Classes starts June 23<sup>rd</sup>)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00-8:30 <b>BOOT CAMP</b> Melissa Clay		8:00-8:30 <b>BOOT CAMP</b> Melissa Clay		9:00-9:45 <b>SKILLZ &amp; DRILLZ</b> Joe: starts 7/22
	9:15-10:00 <b>BODY SHRED</b> Melissa Clay	8:30-9:30 <b>CORE DE FORCE</b> Melissa A.	9:15-10:00 <b>BODY SHRED</b> Melissa Clay	8:30-9:30 <b>CORE DE FORCE</b> Melissa A.	9:15-10:00 <b>BODY SHRED</b> Melissa Clay	9:00-10:00 <b>KETTLEBELL CARDIO</b> Melissa A.
10:15-11:15 <b>YOGA STRETCH</b> Emily Starts 7/2	10:00-11:15 <b>VINYASA FLOW</b> Sian	9:30-10:30 <b>SUN SALUTATION YOGA</b> Jennifer Starts 7/11	10:15-11:15 <b>BARRE*</b> Brenda	9:30-10:30 <b>FOAM ROLER YIN YOGA</b> Jennifer Starts 7/13		
		10:30-11:30 <b>MAT PILATES</b> Judy		10:30-11:30 <b>MATT PILATES</b> Judy		
		4:00-5:15 <b>POWER YOGA</b> Sian		4:00-5:15 <b>YOGA CORE</b> Sian		

Classes labeled in green meet OUTSIDE, weather permitting

See reverse for Fitness Class descriptions

<p><b>Personal Training</b></p> <p>Private: \$90.00/hr. - \$50/30 min. Private Yoga/Pilates sessions - \$90.00/hr. Group Training (4 max) \$55/hr. per person</p>	<p><b>Class Instruction</b></p> <p>Customized Group Fitness Class including Yoga, Pilates and Kettlebells 2 – 6ppl \$150/hr. / 7ppl and above \$175/hr.</p>	<p><b>Squash Instruction</b></p> <p>Junior Clinics: \$35.00/player for one hour of instruction Private Lessons: \$110.00 for one hour of instruction ½ Hour Private Lesson: \$65.00 for 30 minutes of instruction Semi-Private Lessons: \$60.00 pp for one hour of instruction.</p>
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## THE BOATHOUSE FITNESS CENTER SCHEDULE

Spring (March 1 –April 30) 7am – 6pm daily \* Summer and Fall (May 1 – Oct 31) 5:30am – 7pm daily \* Winter (Nov 1 – Feb 28) 7am – 5pm daily. 508-627-8081

### **Barre**

This class uses the ballet barre and light weights to focus on lifting the glutes, toning the thighs, strengthening the abs and sculpting the arms. This simple yet effective method is ideal for all ages and fitness levels.

### **Mat Pilates**

This class will improve posture, increase lung capacity and give you strong sculpted muscles. The emphasis of this class is on all around complete fitness to prevent injury, increase flexibility and support the spine with deep core strength.

### **Power Yoga**

In this class, traditional hatha yoga poses are sequenced to allow fluid movement from one asana to the next. This flowing style of practice helps build strength, flexibility and endurance.

### **Yoga Core**

This class develops core strength through postures focused on the mid- section of the body. Beginning with breath work and balancing postures, leading to floor work targeting the abdomen.

### **Yoga Stretch**

This deeply relaxing and meditative class focuses on reducing the effects of chronic stress on our bodies. Students are guided through gentle poses to help improve posture, circulation and flexibility.

### **Vinyasa Flow**

Vinyasa yoga is a fluid, powerful style of yoga that links movement and breath together. The practice cultivates a deep flow of integration, awareness and alignment, and strength and flexibility.

### **Foam Roller Yin Yoga**

Got knots? This recovery and rejuvenation class is designed to help alleviate nagging aches and pains and improve flexibility and joint range of motion. Using foam rollers and yin style yoga of slower, longer holds in poses will create myofascial release, reduce tension and increase muscular action. You safely relieve muscle tension, reduce injury potential, improve blood flow and increase flexibility. An absolute must!

### **Body Shred by Jillian Michaels**

Burn mega calories, blast fat, and sculpt all over in less than 45 minutes with this new kick-butt workout. This high-energy circuit class will increase strength, cardio, and core circuits will leave you tight, toned, and totally ready to show off your hard work. What are you waiting for? Time to get shredded!

### **Boot Camp**

This energizing outdoors workout incorporates the most popular and effective fitness “toys” in a positive team building environment. Work to navigate obstacles and complete challenges that test your strength and fortitude.

### **Core De Force by Body shred**

Kick your calorie burn into overdrive! This MMA inspired workout is an exhilarating class of Boxing, Kickboxing and Muay Thai combinations with fat-blasting cardio and bodyweight moves to carve allover definition. No matter what your fitness level, you can punch, kick, and sweat at your own pace.

### **Kettlebell Cardio**

In this killer cardio circuit, you'll get your heart pumping and increase your flexibility and endurance at the same time! Tone, shape and train your body with a dynamic tool (kettlebells) used by celebrity trainers and professional athletes all over the world. See and feel results almost instantly!

### **Skillz and Drillz**

This 30 minute class will increase your speed, agility and conditioning using drills and techniques designed to increase coordination, foot speed and acceleration. Great for all athletes and tennis players!!

### **Sun Salutation Core Yoga**

Energize your day - refresh body and mind - this class creates energy for your whole day. Sun salutations get your heart rate up, bring more strength and increases flexibility. You lubricate the joints in full range of motion from head to toe, toning all points and wellness of the core. And as you move from one posture to another, you also link breath with movement, which is a guide to challenge the body and also relax the mind. Tune in and tone up.

*The class schedule is subject to change, please check with the fitness front desk*