

2018 Fitness Class Schedule: Monday, June 25th -Labor Day, September 3rd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00-8:30 SHORT CIRCUIT Melissa Clay		8:00-8:30 SHORT CIRCUIT Melissa Clay	8:00-9:00 POWER YOGA Sian	
9:00-10:00 LONG & LEAN Holly	9:15-10:00 BODY SHRED Melissa Clay	8:30-9:30 METABOLIC EXPRESS Melissa A.	9:15-10:00 BODY SHRED Melissa Clay	8:30-9:30 METABOLIC EXPRESS Melissa A.	9:15-10:00 BODY SHRED Melissa Clay	9:00-10:00 KETTLEBELL CARDIO Melissa A.
10:15-11:15 YOGA STRETCH Emily	10:00-11:15 VINYASA FLOW Sian	9:30-10:30 INTEGRATED YOGA Jennifer	10:15-11:15 POW TC	9:30-10:30 INTEGRATED YOGA Jennifer		10:00-11:00 LONG & LEAN Holly
		10:30-11:30 MAT PILATES Judy	11:30-12:30 BARRE FUSION Emily	10:30-11:30 MAT PILATES Judy		
		4:00-5:00 YOGA CORE Sian		4:00-5:00 YOGA CORE Sian		
Personal Training Private: \$90.00/ 1 hr. - \$50/30 min. Private Yoga/Pilates sessions - \$90.00/hr. Group Training (4 max) \$55/hr. per person		Class Instruction Customized Group Fitness Class including Yoga, Pilates and Kettlebells 2 – 6ppl \$150/hr. / 7ppl or more \$175/hr.		Squash Instruction Junior Clinics: \$35.00/player for one hour of instruction Private Lessons: \$110.00 / 1 hour - \$65.00- ½ hour Semi-Private Lessons: \$60.00 pp for one hour of instruction		

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 Fusion

Forget comparisons to trendy barre classes! Put away the socks and baby weights! No pulsing up and down an inch, and nauseous! This one is done barefoot, with heavier weights and fewer reps, It's not ballet-inspired, implements suspension training at the barre and gliders on the floor. Sure you'll work your glutes, but you'll also get mobility work, cardio bursts, balance training, and natural movement to round out this challenging, fun, and alignment-based workout.

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 and cardio. 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!

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!

Long and Lean

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.

Metabolic Conditioning

Starting with an energetic warm up that prepares the body for the movements and exercises to come, this class is focused on strength while improving endurance and burning lots of calories. Class will conclude with stretching to improve flexibility and mobility.

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.

POW

POW stands for Power Over Weakness. Growth is something we all strive for whether we start from the bottom or the top. In this boot camp/ reps class mash up, we will mix strength training, weights, and balance while keeping the heart rate up. Lifting 8lbs, 20lbs, or 30lbs doesn't matter, because we all lift together as no one is left behind. Bring your towel and get ready to sweat! LET'S POW TOGETHER!

Short Circuit

Join us outside for a jam packed, full body workout including dynamic mobility, core, HIIT and free weight training. If you want to tone your body and promote fat loss, you will LOVE this class!

Vinyasa Flow

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

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.

Integrated Yoga

Think of it as meditation in action. In a meditative state, rhythmic breathing follows from the effort of maintaining the pose. This practice is to such a degree of refinement that one meditates in the posture.

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.

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