

2019 Fitness Class Schedule: Monday, June 24th -Labor Day, September 2nd

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | 8:15am-9:00am CORE MOBILITY 360 Sheryl | 8:00am-9:00am CORE FLOW SUN SALUTATIONS YOGA Jennifer ENDS AUGUST 20 | 8:15am-9:00am CORE MOBILITY 360 Sheryl | 8:00am-9:00am CORE FLOW SUN SALUTATIONS YOGA Jennifer ENDS AUGUST 22 | 7:00am-8:00am EARLY BIRD YOGA Sian | 8:15am-9:15am RAISING THE BARRE Holly |
| | 9:15am-10:00am HIIT Melissa | 9:15am-10:15am POW TC | 9:15am-10:00am HIIT Melissa | 9:15am-10:15am POW TC | 8:15am-9:00am CORE MOBILITY 360 Sheryl | 9:30am-10:30am KETTLEBELL CIRCUIT Melissa |
| 10:15am-11:30am YOGA MOBILITY Emily | 10:15am-11:15am VINYASA FLOW Sian | 10:30am-11:30am PILATES FLOW! Judy | | 10:30am-11:30am PILATES FLOW! Judy | 9:15am-10:00am HIIT Melissa | |
| | | 4:00pm-5:00pm POWER YOGA Sian | 4:00pm-5:00pm RAISING THE BARRE Holly | 4:00pm-5:00pm POWER YOGA Sian | | |
| | | | 5:15pm-6:00pm TEEN DANCE Holly | | | |

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| <p><u>Personal Training</u></p> <p>Private: \$90.00/ 1 hr. - \$50/30 min.</p> <p>Private Yoga/Pilates sessions - \$90.00/hr.</p> <p>Group Training (4 max) \$55/hr. per person</p> | <p><u>Class Instruction</u></p> <p>Customized Group Fitness Class including Yoga, Pilates and Kettlebells 2 – 6ppl \$150/hr. 7ppl or more \$175/hr.</p> | <p><u>Squash Instruction</u></p> <p>Junior Clinics: \$35.00/player for 1 hour of instruction Private Lessons: \$110.00 - 1 hour \$65.00- 1/2 hour Semi-Private Lessons: \$60.00 pp for 1 hour of instruction</p> |
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THE BOATHOUSE FITNESS CENTER SCHEDULE

Spring (March 1 – April 30) 7am – 6pm daily
Winter (Nov 1 – Feb 28) 7am – 5pm daily

Summer and Fall (May 1 – Oct 31) 5:30am – 7pm daily
Fitness Front Desk Number: 508-627-8081

Core Flow Sun Salutation Yoga

A Sun Salutation Yoga class to develop core strength, balance and cardio endurance. Start your day with a total physical and mental flush and rush of the body systems.

Core Mobility 360

Start the day working the front, side and back body core muscles using body weight exercises, weights, light cardio moves and resistance bands. Incorporating rotational work and balance challenges, we will strengthen the core, including glutes, to lend stability and strength to all functional movement and activities. This class is accessible to all levels of fitness!

Early Bird Yoga

A flowing practice with guided meditation offered early for those who like to get their morning started off on the right track.

HIIT

A full-body workout. An interval training class with high intensity exercises, using weights, and body weight for a great cardio and core workout. Each class is a different workout to keep your body challenged. Designed to increase athletic performance and torch calories both during and after class! All fitness levels welcome with modifications provided.

Kettlebell Circuit

This cardio circuit is designed to get you in and out and enjoying your weekend! All of the exercises can be modified to your fitness level. If you are looking for an efficient, full body workout, this group exercise class is for you!

Pilates Flow!

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.

POW

Power Over Weakness. Growth is something we all strive for. In this boot camp/ reps class we 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 and no one is left behind. Bring your towel and get ready to sweat!

Power Yoga

Traditional hatha yoga poses are sequenced to allow fluid movement from one asana to the next. This flowing style of practice builds strength, flexibility and endurance. Light weights will be added.

Raising the Barre

This signature workout will tone, tighten, and trim your entire body using the ballet barre, light hand weights, and other fun props. This class is inspired by ballet, Pilates, yoga and isometric strength training with an accompanying smile inducing playlist. A cardio burst warm up is followed by an arm segment then on to the barre to focus on thigh and glutes before ending with abs and a gentle stretch. This low impact high intensity class is for all body types and fitness levels. Form fitting attire and grippy socks suggested.

Teen Dance

Burn up the floor in this high energy dance class for teens (13+). Based on hip hop, break dance, and jazz, you will learn a new combo and have tons of fun every week. All ranges of dance experience from beginner to advanced are welcome. Wear comfortable clothes you can move in.

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. Light weights will be added.

Yoga Mobility

This class is broken into a 60 minute mobility section, followed by a 15 minute guided meditation. We'll focus on joint range-of-motion, using basic yoga poses along with some exercises culled from the rehab and training worlds. We'll incorporate attention to breath, mindfulness, and alignment. Expect a great playlist, lots of personal attention, and to leave with a greater sense of well-being. Appropriate for all levels, please come barefoot.