

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11:45 – 11:55 AM Core & More</p> <p>12:00 - 12:30 PM Total Body Strength</p>	<p>07:15 – 07:45 AM H.I.I.T & Run</p> <p>11:45 AM – 12:15 PM H.I.I.T</p>		<p>7:15 – 7:45 AM 10-10-10</p> <p>11:45 – 11:55 AM Core & More</p> <p>12:00 - 12:30 PM Total Body Strength</p>	<p>11:45 AM – 12:15 PM Step</p>



Group Fitness: AdvantageHealth at The Marq
January 6th-March 27th

CLASS DESCRIPTIONS

10-10-10

Combining a variety of exercises, this total body workout will incorporate 10-minutes of strength exercises, 10-minutes of cardio, and 10-minutes of core exercises.

Core & More

Combining a variety of core exercises, this 10-minute class will focus on strengthening your core muscles- abs, glutes, and low back in new and unique ways.

H.I.I.T

Challenge yourself using a variety of cardio and strength exercises in this fast—paced and fun class. You'll challenge your cardiovascular system by utilizing both high-intensity work phases and short rest periods. This class can be modified to any fitness level and experience.

H.I.I.T & Run

This high-intensity class will challenge your body with intervals on and off the treadmill. Strength and cardio exercises will be incorporated into every workout. Walkers, joggers, and runners are all welcome to participate.

Step

This class uses a step and choreographed movements to challenge your cardiovascular system for a total body workout! This class is great for beginners— as well as experienced Step enthusiasts. Step is also a great option for those looking for a lower-impact workout.

Total Body Strength

Strengthen your upper and lower body using a variety of equipment: dumbbells, resistance bands, and bodyweight exercises. No matter your fitness level, the variety in this class will keep your muscles guessing!

Vinyasa Yoga*

Vinyasa is a style of yoga characterized by stringing poses together, moving seamlessly from one to another, using your breath. Led by Geneva, E-RYT 200 & Yoga Alliance Certified Education Provider, Vinyasa yoga offers a variety of poses and no two classes are ever alike! Yoga is beneficial for all individuals and any pose can be modified to your own fitness levels. Yoga mats will be provided but feel free to bring your own yoga mat. Class dates: 1/15-2/19.

***Additional class fee of \$58 plus tax.**



Group Fitness: AdvantageHealth at The Marq
September 30th-January 3rd