

# Group Fitness Timetable

## Main Studio (Room 4)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM	Circuit	Body Step	Body Pump	Les Mills Grit	Body Pump		
7:05AM	Virtual LM Core	Body Pump	Circuit	Virtual Body Balance	Les Mills Core	BoxingFit	
8:10 AM	Active Adults Cardio		Active Adults Strength	Les Mills Core		Active Adults Combo	Body Pump
9:15 AM	Body Pump	HIIT + Core	Body Pump	LowerBody + Core	Body Attack	Body Step	Body Pump
10:20 AM	LowerBody + Core	Body Pump	Zumba	Body Combat	Body Pump	HIIT + Core	Zumba
11:25 AM		Zumba Gold		Body Pump	Zumba Gold		Body Step
12.30 PM	Active Adults Combo		Active Adults Cardio	Virtual LM Core	<div>NEW</div> Les Mills Thrive*	Zumba	Virtual Body Combat
1:30 PM				Active Adults Combo		Active Adults Strength	Virtual Body Balance
2:30 PM	Virtual Body Combat	Virtual Body Balance	Virtual Body Pump	Virtual LM Core	Virtual Body Pump	Virtual Body Attack	Virtual Grit
3:30 PM	Virtual Body Attack	Virtual Grit	Virtual Body Combat	Virtual Body Pump	Virtual Body Attack	Body Pump	Virtual LM Core
4:30 PM					<div>NEW</div> Active Teen Boxing	Virtual LM Core	Virtual LM Dance
5:30 PM	Body Pump	BoxingFit	Body Step	Zumba	Body Pump	Virtual Body Combat	Virtual Body Pump
6:35 PM	Body Step	Body Pump	Body Attack	BoxingFit	Virtual LM Core	Virtual Body Balance	Virtual Body Attack
7:40 PM	Zumba	HIIT + Core	Body Pump	LowerBody + Core	Virtual LM Dance		
8:45 PM	Virtual Body Balance	Virtual LM Dance	Virtual Body Attack	Body Pump (8.30pm)	Virtual Body Combat		

Virtual Class =  Active Teen =   
 Active Adults =  \* = Also available to Active Adult Members

As of September 2025. Timetable subject to change.  
 Email [info@northcoteaquaticreccentre.com.au](mailto:info@northcoteaquaticreccentre.com.au) for more info.

# Group Fitness Timetable

## Wellness Studio (Room 1)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM		Vinyasa Yoga	Mat Pilates	Strong & Stretched	Body Balance		
7:00 AM	Iyengar Yoga			Iyengar Yoga	Hatha Yoga		
8:10 AM	Chair Yoga*	<b>NEW</b> Les Mills Shapes	BarreFusion	Active Adults Yoga	<b>NEW</b> Les Mills Shapes	Body Balance	Slow Flow Yoga
9:15 AM	Mat Pilates	BarreFusion	Body Balance	<b>NEW</b> Les Mills Pilates	Vinyasa Yoga	BarreFusion	Body Balance
10:20 AM	<b>NEW</b> Tai Chi*	Vinyasa Yoga	<b>NEW</b> Les Mills Pilates	Body Balance	Yin Yoga	<b>NEW</b> Les Mills Pilates	BarreFusion
11:25 AM	Vinyasa Yoga	<b>NEW</b> Les Mill Pilates	Chair Yoga*	Active Adults Mat Pilates	Body Balance	Vinyasa Yoga	
12:30 PM	BarreFusion	Active Adults Qigong		Vinyasa Yoga	Active Adults Yoga		
1:35 PM	<b>NEW</b> Active Adults Balance, Stretch, Myo Fascia Release		Tai Chi*	Meditation 30 mins*			
2:30 PM		Active Adults Yoga	Active Adults Mat Pilates	Active Adults Barre			
3:30 PM							
4:30 PM	Teen Mat Pilates	Barre Fusion	Mat Pilates	<b>NEW</b> Teen Yoga		Restorative Yoga	
5:30 PM	<b>NEW</b> Les Mills Shapes	<b>NEW</b> Les Mills Pilates	Body Balance	<b>NEW</b> Strong & Stretched	Yin Yoga		5pm - Yang to Yin Yoga
6:30 PM	Body Balance	Slow Flow Yoga	Meditation 45m*	<b>NEW</b> Slow Flow			
7:35 PM	Slow Flow Yoga	Body Balance	Yin Yoga	Vinyasa Yoga			
8:40 PM		Yin Yoga					

Active Teen =

Active Adults =  \* = Also available to Active Adult Members

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# Group Fitness Timetable

## Aqua Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM	AquaRun				AquaRun		
7:15 AM		AquaFit		Deep Water Aqua		AquaFit	
8:15 AM	AquaFit	AquaFit	Active Adults Aqua	AquaFit	AquaFit	AquaFit	AquaFit
9:15 AM							
10:30 AM			AquaFit				
11:20 AM		Deep Water Aqua 50m Pool					
12:25 PM				Active Adults Aqua			
1:30 PM	Active Adults Aqua		Active Adults Warm Aqua				
6:15 PM							
7:15 PM	AquaFit	AquaFit	<div>NEW</div> AquaFit (7.30pm)				

Active Adults = 

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# Group Fitness Timetable

## Cycle Studio (Room 5)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20 AM	Virtual LM Sprint	Virtual RPM	Virtual LM Sprint	Virtual RPM	Virtual LM Sprint		
6:10 AM	RPM	LM Sprint	RPM	LM Sprint	Cycle	Virtual LM Sprint	
7:10 AM	LM Sprint	Cycle	Virtual Sprint	NEW Cycle	NEW LM Sprint	Cycle	
8:15 AM		Virtual The Trip	Active Adults Cycle	Virtual RPM		RPM	Cycle
9:15 AM	Cycle	RPM	Cycle	Cycle	LM Sprint	LM Sprint	Cycle
10:15 AM	Virtual The Trip		Virtual The Trip		Cycle		Virtual RPM
11:20 AM						Virtual RPM	Virtual The Trip
12:25 PM	Virtual RPM	Virtual LM Sprint	Virtual RPM	Virtual The Trip	Virtual RPM	Virtual The Trip	Virtual LM Sprint
2:30 PM	Virtual LM Sprint	Virtual The Trip	Virtual LM Sprint	Virtual RPM	Virtual The Trip	Virtual LM Sprint	Virtual RPM
5:00 PM					LM Sprint		
5:30 PM	Cycle	LM Sprint	Cycle	RPM 60m		Virtual RPM	Cycle
6:30 PM	RPM	RPM	Virtual The Trip		Virtual RPM	Virtual The Trip	Virtual LM Sprint
7:30 PM	Virtual LM Sprint	Virtual The Trip	Virtual RPM	Virtual LM Sprint	Virtual The Trip		
8:30 PM	Virtual The Trip	Virtual LM Sprint	Virtual The Trip	Virtual RPM	Virtual LM Sprint		



Virtual Class =

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# Group Fitness Timetable

## NARC Reformer Studio (Room 2)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Reformer	Reformer	Reformer	Reformer	Reformer		
7:15 AM	Reformer	Athletic Reformer	Reformer	Athletic Reformer	Reformer	Reformer	
8:15 AM	Athletic Reformer	Reformer	Athletic Reformer	Reformer	Reformer	Reformer	Reformer
9:15 AM	Reformer	Reformer	Foundation Reformer	Reformer	Reformer	Reformer	Athletic Reformer
10:15 AM	Reformer	Reformer	Reformer	Foundation Reformer	Reformer	Foundation Reformer	Reformer
11:20 AM	Reformer	Reformer	Reformer	Reformer		Reformer (11.15am)	Reformer (11.15am)
12:25 PM	Active Adults Reformer	Reformer	Reformer	Reformer	Reformer		
1:30 PM	Reformer	Active Adults Reformer	Active Adults Reformer	Reformer			
2:30 PM	Athletic Reformer	Reformer	Foundation Reformer	Stretch & Mobility Reformer	Active Adults Reformer	Active Adults Reformer	
3:30 PM	Reformer	Reformer	Reformer	Athletic Reformer		Stretch & Mobility Reformer	Reformer
4:30 PM	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Foundation Reformer
5:30 PM	Reformer	Foundation Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
6:30 PM	Reformer	Reformer	Reformer	Foundation Reformer			
7:30 PM	Reformer	Reformer	Reformer	Reformer			

Active Adults =   
Foundation = 

Athletic =   
Stretch & Mobility = 

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# Group Fitness Timetable

## Narrandjeri Reformer Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Reformer	Reformer	Reformer	Reformer	Reformer
7:00 AM	Reformer	Reformer	Reformer	Reformer	Reformer
8:00 AM	Reformer	Reformer	Reformer		Foundation Reformer
9:00 AM	Reformer	Reformer	Reformer	Reformer	Reformer
10:00 AM	Reformer			Reformer	Pre/Post Natal Reformer*
11:00 AM		Reformer			Reformer
12:00 PM					
1:00 PM					
2:00 PM	Virtual Reformer	Virtual Reformer	Virtual Reformer	Virtual Reformer	Virtual Reformer
3:00 PM	Virtual Reformer	Virtual Reformer	Virtual Reformer	Virtual Reformer	Virtual Reformer
4:00 PM	Reformer	Reformer	Reformer	Reformer	Virtual Reformer
5:00 PM	Reformer	Reformer	Reformer	Reformer	Virtual Reformer
6:00 PM	Reformer	Reformer	Reformer	Reformer	Virtual Reformer
7:00 PM	Athletic Reformer	Reformer	Reformer	Reformer	Virtual Reformer
8:00 PM	Virtual Reformer	Virtual Reformer	Virtual Reformer	Virtual Reformer	Virtual Reformer

Foundation =

Pre/Post Natal \* =

Athletic =

Virtual Class =

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# Functional Training Timetable

## Gym (Skill X Area)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
7:00 AM	Skill X	Skill X	Skill X	Skill X	Skill X		
8:15 AM						Skill X	Skill X
12:00 PM	Skill X		Skill X		Skill X		
4:30 PM			<div>NEW</div> Active Teen Skill X				
6:30 PM	SGT	<div>NEW</div> SGT	Skill X	<div>NEW</div> SGT (7.30pm)			

Active Teen =

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# Class Descriptions

Class Name	Studio	Description
<b>Active Adults Aqua</b>	25m Indoor Pool	Slower pace Aqua class using a variety of Aqua equipment to fun and upbeat music.
<b>Active Adults Barre</b>	Wellness Studio	A Barre class designed specifically for Active Adults that fuses the concepts of balance, coordination and strength. Enjoy this fun, fitness workout that uses props such as Pilates balls and light dumbbells at the barre. This class has no jumping or floorwork. (Class can be done with or without shoes?).
<b>Active Adults Cardio</b>	Main Studio	A cardio workout designed for over 60s, that will help improve heart and lung fitness as well as your balance and co-ordination. Feel fabulous and fit moving to inspiring music.
<b>Active Adults Combo</b>	Main Studio	This class combines low impact aerobics, strength exercises and balance, using various equipment, designed for over 60s. This class has everything – great music, movement and friends.
<b>Active Adults Mat Pilates</b>	Wellness Studio	Gentle over 60s mat Pilates session. Using the Pilates method to help improve your balance, flexibility and strength.
<b>Active Adults Qigong</b>	Wellness Studio	A mindful movement modality which teaches us to embody being in the present moment by consciously breathing, gently moving, being still, and being aware of the subtle flow of our energy. A typical qigong class will incorporate a mindfulness/meditation at the beginning, easeful dynamic movement for the whole body, ending with a relaxation at the end. Suitable for everybody.
<b>Active Adults Reformer Pilates</b>	Reformer Studio	A full body workout, specifically designed for over 60s, using spring loaded resistance reformer beds. Low impact to improve flexibility & strength.
<b>Active Adult Strength</b>	Main Studio	Over 60s strength-based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.



Class Name	Studio	Description
Active Adults Balance, Stretch & Myo Fascia Release	Wellness Studio	This class offers a unique blend of exercises and movements that focus on core stability for better balance. A range of active and passive stretches aimed at improving flexibility & mobility. The role of the Myo fascia release aspect is to help improve your posture, release trigger points by applying gentle pressure with massage balls and rollers . Resulting in lean and pliable muscles leaving you feeling invigorated.
Active Adults Warm Aqua	Warm Water Pool	Gentle aqua session held in the warm water pool. Your instructor will guide you through slow and controlled movements, without the use of music or a microphone.
Active Adults Yoga	Wellness Studio	Gentle Yoga class, specifically designed for over 60s.
Aqua Deep Water	Deep End 25m or 50m Pool	A cardiovascular workout that takes place in the deep water of the pool. The class uses a buoyancy belt to keep participants afloat, which makes it a no-impact workout suitable for all fitness levels, including those with injuries or limitations. The class requires water confidence, conducted deep end of 25m or outdoor 50m pool.
Aqua Run	25m or Outdoor 50m Pool	A higher intensity deep water workout where patrons should be comfortable working out in deep water. Aqua flotation belts are optional. Class conducted at the deep end of the 25m pool or outside 50m pool.
AquaFit	25m Indoor Pool	High-energy water workout which is delivered with upbeat music designed to protect joints with low-impact movements to improve muscular strength, cardiovascular fitness, flexibility and overall health. Combination of body weight exercises, using water as resistance, and equipment-based exercises such as dumbbells, kickboards and noodles.
BarreFusion	Wellness Studio	A fusion of ballet, yoga and Pilates. Designed to challenge core stability and balance using body weighted movements, light hand weight, Pilates rings and balls. Class can be conducted with a char, Barre-less or Ballet Barre.
Body Attack	Main Studio	A high-energy fitness class with moves that cater for total beginners to the experienced. Body Attack combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Class Name	Studio	Description
Body Balance	Wellness Studio	A yoga-based fitness class that combines simple yoga movements with elements of Tai Chi and Pilates. The class is designed to improve your mind, body, and life by increasing flexibility , core strength, and reducing stress levels. You can expect to bend and stretch through a series of simple yoga moves with an inspiring soundtrack in the background.
Body Combat	Main Studio	A martial arts-inspired workout that is non-contact. Punching and kicking movements will increase fitness and burn calories in a class. Body Combat moves will come from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed.
Body Pump	Main Studio	The original barbell class that strengthens and tones your entire body to ensure you get results fast. Using a combination of motivating music, fantastic instructors, and scientifically proven moves to help achieve fitness targets.
Body Step	Main Studio	A pre-choreographed energizing full body cardio step workout to upbeat music. Body Step uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks increase intensity and muscle shape and tone.
BoxingFit	Main Studio	A cardio and strength workout featuring boxing training techniques, including skipping, boxing drills, and abdominal workouts. will work up a sweat, increase heart rate and tone muscles in a group atmosphere.
Circuit	Main Studio	A workout that involves performing different exercises in small groups using dumbbells, barbells and bodyweight exercises. This class works on cardiovascular fitness and muscle toning and is suitable for all fitness levels.
Cycle	Cycle Studio	An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.
HIIT + Core	Main Studio	High Intensity Interval Training – 30 minutes of interval-based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Bonus core exercises for a dynamic finish.

Class Name	Studio	Description
Les Mills Pilates	Wellness Studio	Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss.
Les Mills Shapes	Wellness Studio	LES MILLS SHAPES™ is an invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.
Les Mills Sprint	Cycle Studio	High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalized coaching with intervals of strength, speed and power will push you to the max.
Les Mills Thrive	Main Studio	A 45-minute low-impact session that helps you feel fit, strong and in control - whatever your fitness level. Moving at your own pace, you can improve lower body and core strength, flexibility and balance. This class is open to all levels.
Mat Pilates	Wellness Studio	The Pilates method is designed to strengthen your deep core muscles, which in turn raises your stability & mobility allowing you to move freely with confidence. A variety of props can be incorporated into exercises such as balls, bands and Pilates rings to tone and strengthen your body.
Meditation	Wellness Studio	Be guided towards a calm, clear, observant mind. Learn breathing techniques, experience sound meditation, try visualization and relaxation techniques, to help reduce stress, anxiety and improve your overall wellbeing.
Reformer Pilates - Athletic	Reformer Studio / Narrandjeri Studio	The perfect session to get your heart rate pumping. Pilates apparatus used to elevate your practice, changes of pace with dynamic movements. Great for intermediate level. Not suitable for beginners, pre-natal or those recovering from injury. Must be confident on the Reformer.
Reformer Pilates - Foundation	Reformer Studio / Narrandjeri Studio	New to Reformer? This class is for you! A beginner class, designed to get you comfortable on the Reformer carriage, teaching basic movements with minimal equipment.

Class Name	Studio	Description
Reformer Pilates - Pre / Post Natal	Narrandjeri Studio	Move with confidence with our qualified Pre/Post Natal Instructor. This session is tailored for all stages from pregnancy up to 12 months post-natal, involving a full body workout to improve strength, tone and mobility. Please speak to your health care professional to decide whether Reformer Pilates is best for you during this special time.
Reformer Pilates - Stretch & Mobility	Reformer Studio	Low impact Reformer Pilates class. Suitable for those looking for a lower intensity class to improve flexibility, balance and strength using minimal props with slow controlled moves. Class not structured for rehabilitation purposes.
Reformer Pilates	Reformer Studio	Our Reformer Pilates classes are designed for all fitness and ability levels, to improve fitness, movement, and flexibility. Your friendly instructor will offer progressions and regressions throughout the session.
RPM	Cycle Studio	A pre-choreographed group indoor cycling workout where you control the intensity. Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.
SkillX	Gym Floor	Small group training - 45-minute session held in the gym. Improve your strength, power and cardio fitness with one of our knowledgeable trainers, using the Technogym formula.
SGT (Small Group Training)	Gym Floor	Elevate your strength, fitness and performance in our 45m small group training session. With a cap of 12 participants per class, you'll benefit from focused coaching, ensuring proper technique, a workout that involves performing different exercises using dumbbells, kettlebells, barbells and bodyweight exercises.
Strong & Stretch	Wellness Studio	Improve flexibility, stability and strength for everyday living with a class that draws upon the best of Pilates, Yoga and Functional Training. In addition to balance and body toning exercises, this class teaches stretching and release techniques to support both fitness training and workplace demands. This class caters for all levels.
Tai Chi	Wellness Studio	Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and Body. Promotes mental awareness, improves balance, control and wellbeing.
LowerBody + Core	Main Studio	A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness.

Class Name	Studio	Description
Virtual Body Attack	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Energising cardio class. Bring your towel and drink bottle.
Virtual Body Balance	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Bring your towel and drink bottle.
Virtual Body Combat	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Energetic martial arts-inspired class, all fitness levels welcome. Please bring your towel and drink bottle.
Virtual Body Pump	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Strength-based class; equipment required barbell, weights and a bench. Please bring your towel and drink bottle.
Virtual Grit	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. 30-minute-high intensity interval training workouts that focus on Strength, Cardio or Plyometrics. Please bring your towel and drink bottle.
Virtual Les Mills Core	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Core conditioning class, equipment required: weight plates and smart band. Please bring your towel and drink bottle.
Virtual LM Dance	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Fun and energetic dance class. Please bring your towel and drink bottle.
Virtual LM Sprint	Cycle Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Indoor cycling class using resistance to simulate sprints, power attacks, hill climbs in a theatre setting.
Virtual Reformer Pilates	Narrandjeri Studio	Experience personalised Reformer Pilates at your own pace with our virtual classes at the Narrandjeri studio. Book a 45m session and access a fully equipped Reformer bed and props in a dedicated space. Select your preferred class & duration via the kiosk screen and enjoy a private class using your own headphones for clear, guided instructions. Please check in at reception upon arrival to be marked off for the class - BYO Bluetooth headphones.

Class Name	Studio	Description
Yoga - Chair	Wellness Studio	Uses a chair as a prop for support and balance, making it perfect for seniors and people with injuries and health conditions who want to improve their fitness and balance but can't get up and down from the ground. We include seated and standing options (where appropriate) to let participants choose their level of challenge. Classes also include breathwork and guided meditation to relax the nervous system and calm the mind.
Yoga - Hatha	Wellness Studio	Classical yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable for all levels.
Yoga - Iyengar	Wellness Studio	This style of Yoga includes the use of props to help participants gain the correct alignment suitable for their individual body.
Yoga - Restorative	Wellness Studio	A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.
Yoga - Slow Flow	Wellness Studio	A slower-paced form of yoga, incorporating a combination of traditional yoga poses that flow from one to the next and are often held for longer during the sequence.
Yoga - Vinyasa	Wellness Studio	A combination of foundation postures with progressions to try if you choose. Sequencing will flow using breath, strength, flexibility and balance. Suitable for all levels with plenty of options to suit your body.
Yoga - Yang to Yin	Wellness Studio	Explore the balance of a Yang to Yin Yoga practice. 45 minutes of dynamic Vinyasa to build strength, flexibility and balance whilst linking breath to movement. 30 minutes of restorative Yin to slow down, release connective tissue with longer holds of shapes and to cultivate a deep sense of spaciousness and inner calm.
Yoga - Yin	Wellness Studio	A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Powerful practice to alleviate stress and deeply release tension and tightness in the body.
Zumba	Main Studio	A dance-based class using Latin and World rhythms for a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility.
Zumba Gold	Main Studio	This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.