

# Outdoor Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45am		N10c+ Annie	Yoga - Jenny	N10c+ Annie		N10c+ Annie	Instructor Choice
6:45pm		PiYo Theresa	Zumba** Theresa Rolanda	Bodyweight Bootcamp Theresa	Yoga - Jenny		

Spring has finally arrived! We understand that all club members are not ready to be inside the gym yet, so we are so excited to announce outdoor classes!

\*\*Selected Dates – please check calendar

## Class Descriptions

**N10c+**: Much like the beloved class inside the club, this class will be a total body work out! All you need to do is bring a mat, water, and grab a set of weights in the club or bring your own. We will run and utilize the track and new trails (all levels and speeds are welcome) as well as bootcamp style workouts! Not a runner? Grab a partner and start by walking and taking advantage of the full body workouts.

**PiYo**: is a music driven, low impact, high intensity body transforming program that incorporates dynamic, athletic movements with strengthening and stretching Yoga poses. Bring a water & Yoga mat.

**Bodyweight Bootcamp**: is a heart pumping, body sculpting program focusing on giving you a full body workout every time. Bodyweight only, yoga mat recommended.

**Multilevel Yoga**: This class is a *multi-level* mix of slow-flow movement followed by soothing restorative postures, breath work and mindfulness. As a *multi-level class*, it is appropriate for beginner, intermediate, and advanced students.

**TNT Tabata**: Varied intensities and diverse exercises are featured in fast-changing aerobic/anaerobic intervals. It's motivating and effective and includes both HIIT (High Intensity Interval Training) and true Tabata intervals (20 seconds of maximum effort followed by 10 seconds of "rest"). You'll build stamina and blast fat FAST!

**Zumba**: Perfect for everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party once the Latin and World rhythms take over!