

**ZEN~** 2 serene and intimate studios offering a wide of transformational **Yoga** and Fitness modalities to fulfill everybody's needs, from our signature **Core YOGA to H.i.i.T Fitness, TRX, PiYo, Pilates, Cycling** and even classes specifically designed for 50+.

Let go of criticisms and judgments , meet **PUR-ZEN!**

Getting results with confidence...

**SPECIAL OFFERINGS~** each season we like to complement your regular scheduled classes with other eastern and modern arts like Zumba , Cardio Kick, Salsa, Yin Yoga Series or anyone of our Workshops will sure to inspire you this Fall!

**THAI YOGA MASSAGE~** Tranquility to be discovered... let the rest of the world drift away as your body is soothed and pampered by receiving a Thai Massage treatment. We are dedicated to improving your health and well being.

**BOUTIQUE~** Finding that something special is easy with a unique collection of **Lululemon Yoga wear**, mats, incense, chimes, jewelry and more....

**PRIVATE & GROUP CLASSES~** meet your individual needs for body-mind health, relaxation, and stress management. Whether your brand new to **fitness**, need physical conditioning or you would like to have a specialized consultation regarding your personal practice. We welcome sports groups alike. If you are interested in having us come in to your corporation, give us a call .

250.486.7295

[www.pur-zen.com](http://www.pur-zen.com)



**Fall 2018**

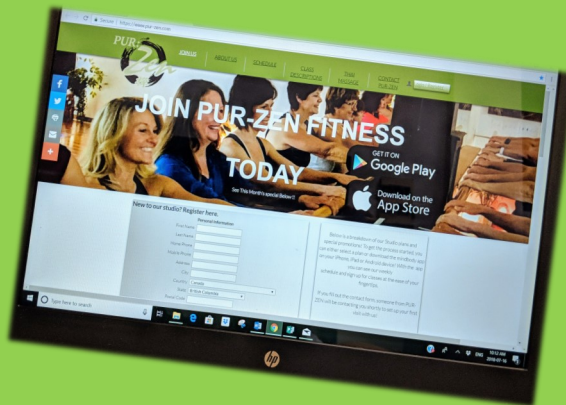
# REGISTRATION

REGISTRATION~ 3 easy ways

- 1) On-line website/ or APP  
www.pur-zen.com
- 2) Phone in :  
Visa or MasterCard  
accepted
- 3) In person

We love to assist you finding the best class so call for a private consultation -

We will be available to sign you up for your classes on our  
**Open House 10-4pm Sept 5th** or call us for a visit any time



DOWNLOAD OUR NEW  
**Pur-Zen Fitness APP!**



View up-to-date  
SCHEDULE.



Sign up for  
SESSIONS.



Add  
REMINDERS.



Get studio  
PROMOTIONS.

Go to your app store  
and search for  
Pur-Zen Fitness  
or scan the QR code.



Available on the iPhone  
App Store



Google play

## Studio ETIQUETTE P

ur-zen is a space for you. Please be mindful of other clients by practicing the following etiquette to help keep our studio a beautiful environment for everyone to enjoy:

- \* Please turn off cell phones and pagers.
- \* Leave large bags and extra clothing etc. at entrance .
- \* don't step on other peoples mats!
- \* you may be required to move to make space
- \* Refrain from wearing strong perfume , but please do wear deodorant .
- \* Be on time for class.
- \* Do not enter or leave the studio during final relaxation.
- \* If you need to leave early , please depart prior to relaxation.
- \* Whisper or soft talking

# WHY REGISTER?

We offer 3 ways to sign up for classes at Pur-ZEN:

- 1) **Unlimited Monthly Membership\*\***  
attend as many regular schedule classes as you like!  
**Sign up as usual ® "Register ONLY" classes ( page 13) \*\*receive 50% off**
- 2) **Flex Pass -pay only for the classes you attend**  
( NO expiry on pass) **sign up as usual**
- 3) **Series —THIS FALL ONLY** *pay discounted prices -must register*  
**\* we are giving this option for those who know they can only commit to one program or 2**

I love coming to lots of classes each week, but never sure what class I will be able to attend... what the best package for me?

Dedicated... if you are attending more than 2-3 classes per week, our

**Unlimited Membership is the way to go,**  
giving you all the perks , too!

**I really only have time to come to one class,  
and I'd really like to just learn with one instructor...**

**Commitment...**

we value your time and appreciate your commitment to one class.

so **Register** for the particular program you decide on, and  
save up to 50% off even the flex pass price.

**\*programs fees can not be extended or changed to flex pass.**

\*Reminder to register early to avoid class cancellations, if program has less than 5 registered 3 days prior to program start date it may be cancelled.

Classes are filled on a first come first serve basis.

\*All sessions are subject to cancellation due to insufficient registration, illness or non-availability.

In these cases , a full or pro-rated credit will be issued.

\*All classes are for men and ladies (14 yrs. and older)  
unless otherwise stated.

\*Pre-natal clients please advise your instructor

If you don't see it or don't understand something in our guide, just ASK!!

# PRICES:

# WORKSHOPS

with Teresa

## REGULAR SCHEDULED CLASSES :

**\*New clients**  
**2 weeks of Unlimited classes for \$55**  
**\*3 class trial \$49**

Our class packages includes All  
 Classes

### Class "Flex" Passes:

5 classes for \$80  
 10 classes for \$150  
 20 classes for \$280  
 50 Family Flex \$650  
 ( NO expiry!! )

### 2 Studio's / 1 Membership:

#### Unlimited Pass:

3 mo./ \$160 per month  
 6 mo./\$150 per month  
 1 yr./ \$140 per month

**\*MONTHLY UNLIMITED PLEASE SIGN UP  
 FOR CLASSES AS USUAL**

## WORKSHOPS

Mala bead – \$65  
 Fall Equinox—by donation  
 Anatomy of the subtle body—\$30  
 Asana 101- \$25  
 Pranayama toolbox-\$25  
 Feet up inversion-\$35  
 Thai Massage for couples \$30  
 Shamanic Chakra Series- \$89 each

### PROGRAMS– Per Series

HiiT AM Challenge- \$99  
 HiiT PM Challenge- \$75  
 PiYo AM Challenge- \$75

### ® REGISTERED SERIES

Cardio Kick- \$75  
 TRX Series- \$50  
 Yin Yoga-\$75  
 Salsa-\$75  
 Zumba-\$60

### Flex pass AM Fall Series

50+ Flex AM pass \$150/20

\* please note if you are a studio member , or  
 already have a flex pas you can sign up for all  
 classes as per usual

### **\*\*SPECIALTY PRICING:**

20% off 20 class Flex or Annual Membership:  
 ~Students & Teachers (School) ~ Seniors(65+)  
 ~ BC Gov /Health Services ~Military

\*require ID

### Intro to Mala Making Workshop (2.5)



A mala (the Sanskrit name for 'garland') is a set of beads traditionally worn and used for meditation. Malas are typically made of 108 beads (108 being a sacred number in many Eastern cultures) and serve to keep count of the wearers affirmations by focusing their awareness and staying mindful in the present moment. Explore the therapeutic energy of the stones. Creating and practicing your own mala during a 2.5 hour workshop. This Fun and uplifting "make and take" will show you how to use and to recite an affirmation or mantra. As you create, you will have the opportunity to infuse your mala with the power of your intention! A variety of materials including wood, seeds and or gemstones will be used. All mala materials are provided - just bring yourself and your mat.

**Saturday Sept 22<sup>nd</sup>**  
**11am-1:30 pm**  
**investment: \$65**  
**location: TBD**  
**Instructor: Teresa Maurer**



### The Spiral Path / Fall Equinox (2)

Autumn is the time to descend. Come journey inward as you release all your obstacles. our workshop begins with Gentle standing yoga series of Stretches- with a mindful walk through the spiral path - through the labyrinth let yourself embark upon a deep inner journey of change and transformation that will lead you back to a place of

peace and inner light. From this heart expanded state we will join together in breath and sound sharing one voice as we celebrate community, connection, and the bountiful gifts this year has brought.

**Saturday, Sept 29<sup>th</sup>**  
**11m – 12pm**  
**location: ELMTREE B&B ,**  
**307 Park Rill Rd**  
**donation : must sign up on line**  
**Instructor: Teresa Maurer**

### THAI MASSAGE FOR COUPLES (2h)



Learn new & fun ways to give nurturing, intentional touch through the practice of Thai Massage. Our hands-on workshop will provide you and your partner with the knowledge to give a 20-minute, neck back and shoulder Thai massage

This passive assisted stretch and awareness to create a mutually enriching experience Integrate "Metta" (loving kindness) and meditation into the massage. Wine and appetizers Taught by a Certified Thai Massage Practitioner.

**SATURDAY**  
**OCT 20TH**  
**2:00– 4:00PM**  
**\$30 per couple**

*Check website for other events ...*

**Roll & Release**  
**Detox Retreat's**  
**and more ....**



**Teresa Maurer , Owner**



# WORKSHOPS

with Yinet

**Anatomy of the Subtle body (3h):** Are you curious about your energy systems? Would you like to learn about the Chakras, the Koshas and dive deep into their relation to how we experience life? What are the Vayus and how do they affect our health? In this workshop you can expect to learn all about how energy moves in your body. We'll address common conditions like depression, anxiety and stress from an energetic perspective. You'll also learn tools and techniques to identify when a system is out of balance and bring it back into harmony. Bring something to take notes with.

**Sunday September 16<sup>th</sup> , 9-12pm \$30**



**Yinet Gomez, RYT**



**3- Asana 101 (2h):** A workshop great for beginners diving into Yoga, or more advanced students wishing to learn more about alignment, the name of the main poses, what they mean and how they affect our energy centers & our mental state. You'll learn how to modify every asana to make it work for your body, focused on finding stability with ease instead of just chasing the aesthetic idea of the poses.

**Sunday September 23rd, 9-11am \$25**

## **Pranayama Toolbox (2h):**

Learn powerful breathing techniques to manage all aspects of life. From stress to insomnia, there is a way to breathe that brings you back into balance. Learn about your nervous system and why

**pranayama** (breath regulation) is so effective to heal and enhance your mind-body connection.

**Saturday October 13th 9-11am \$25**



**Feet-up Inversion Workshop (2h):** Learn traditional inversion practices and their benefits, as well as how to modify, prop yourself and find anatomical alignment in your body. You'll also discover a tool that will take your practice upside down on a journey of self-trust regardless of how strong or flexible you are. This is a fun loaded workshop, and you can expect to laugh for no reason and have an experience to carry with you beyond your mat. \*Health precautions: If pregnant; or if you suffer from any eye diseases or high blood pressure, make sure you get approval from your healthcare professional before signing up for this workshop.

Limited space to 10 people. **Sunday Oct 20th, 9-11am \$35**



# ® REGISTERED SERIES

® REGISTERED SERIES : these classes are not apart of our regular scheduled classes .  
\* members receive 50% off these programs

**TRX Express:** 30 minutes total body workout .Using this unique suspension system, you will learn to feel and use gravity on your body in new and challenging postural positions. utilizes the TRX training system in combination with other modes of training to develop agility, strength and mobility. This well-rounded class will provide the ultimate in total-body fitness. This class will utilize intervals to keep you moving at a quick pace.

Please note our TRX Express AM is also known as ( Health Improvement Program ,or HiP ( see Active Agers 50+ page ) : this class is a much gentler version than our PM classes .

Because there are only 10 TRX ~ space is limited !

**TRX Express ®**  
**Monday's 5:30-6PM**  
**Sept 10– Dec 19th**

**Fridays 4:30-5:00PM**  
**Sept 14th– Dec 14th**

**\$50 per series**  
**7 sessions**

## **ZUMBA®**



Perfect For Everybody and every body! 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, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective! Super fun!

**Tuesday & Thursday**  
**7:30-8:15PM**  
**Sept 10-Oct 29**  
**Nov 5- Dec 12**

**\$75 per series**  
**( 14 sessions )**  
**\* early bird special**  
**before Sept 7th**

## **Salsa Flow ® / Cuban Instructor !**

In this fun class you'll not only learn how to dance basic Salsa, you'll also learn yoga poses to open up your hips 360 degrees and release built up emotions. We'll explore dancing meditation to let go of stress and practice self love. Everybody is welcomed, no dancing or yoga experienced required, just an open mind with a desired to feel good & have a great time.



**Fridays**  
**5.30pm-6.30pm**  
**Oct5th- Nov 9th**  
**\$75 / 6 sessions**

## **CARDIO KICK ®**



Fat-blasting, ab-defining cardio workout .A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout. —mixed martial arts. MMA-Inspired Combinations: Broken into

3-minute rounds of punching, kicking, and jabbing, these Boxing, Kickboxing, and Muay Thai moves blast fat, strengthen the core, and define your abs

**Tuesday**  
**6:00-7:00PM**  
**8sessions**  
**\$75**

**Saturday**  
**10:00-11AM**  
**8 sessions**  
**\$75**

# FIT & 50+

# WORKSHOPS

with Mari



## 50+ STRETCH : GENTLE

### NOT YOGA !

Relax and Renew - Loosen up. This class loosens up the muscles and improves flexibility, posture, and range of motion by combining active stretching and self massage using bolsters, balls and pillows . Releasing the built up tension in your muscles leaves you feeling relaxed and allows your body to move more naturally. enjoy good company and an awesome relaxation with eye bags at the end of each class . oh did we mention a little massage too !

**Monday & Wednesday**

**9:45-10:30**

**Sept 10– Oct 29th**

**14 sessions / \$75**

**Stretch Series**

*\* early bird special before Sept 7th*

## 50+ STANDING STRENGTH

Strengthen your entire body with emphasis on upper body as well as thighs, knees, legs, ankles, feet, and toes using weights.

This H.i.i.T style class is for all levels and optional use of barre are available for additional support. Come get stronger and have fun!

**Monday & Wednesday**

**9:45-10:30**

**Nov 5– Dec17th**

## 50+H.I.P /TRX - HEALTH .IMPROVEMENT. PROGRAM.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, TRX , Ballet Barre used for balance and support . We do only standing exercises - and systematically exercise the body . Classes will educate on mindfulness of movement . Combining Weights , aerobic intervals , standing Pilates, TRX and Thai Chi cool down .

**Tuesday & Thursday's**

**9:45-10:30**

**Sept 11– Dec 19th**

**We have a Seniors rate for our Monthly unlimited (20% off)**  
**or**  
**\*PURCHASE AN 50+ FLEX (AM) PASS \$150/20 SESSIONS**  
**~ FLEXIBLE FOR ALL MORNING CLASSES**

## Shamanic Healing Chakra Series (6h)

*This unique program is specifically designed to help you cultivate, activate and BECOME the transformative and powerful healing energy of unconditional love. In this series, you will:*

*- learn to heal yourself, others and the world around you  
 -access and increase the strength of the innate gifts and abilities your Spirit carries*

*-develop ways in which to utilize these gifts and abilities to serve the greatest and highest good of All by connecting to your life's path and purpose  
 The program takes place over the course of eight months – from September 2018 – April 2019. There are Nine Full Sessions in total with the last 2 as a retreat-style ceremony of completion at the end of the series (April's course).*

*Each workshop will focus on varying components and frequencies inherent to the color being studied.*

Purchased each workshop separately for \$89 or contact us and purchase whole series at the intro session Sept 30th and receive 25% off !!

**Intro. to Series - Sunday, September 30th, 2018 / 9am-3PM**

**Red - Sunday, October 28th, 2018/ 9am-3PM**

**Orange - Sunday, Nov 25th, 2018 / 9am-3PM**

**Yellow - Sunday, December 9th, 2018/ 9am-3PM**

**Green - Sunday, January 13th, 2018/ 9am-3PM**

**Blue - Sunday, January 27th, 2018/ 9am-3PM**

**Violet - Sunday, February 17th, 2018/ 9am-3PM**

## **Chakra "Healing the Rainbow" Ceremony/Retreat -**

**Saturday, April 27th - Sunday, April 28th 9am - 12noon the following day Cost:**

**\$180 (Included in cost: Light evening meal and breakfast, accommodation,**



**Instructor : Mari Abraham**

Mari Abraham is a traditional Zulu shamanic practitioner. Her role is to support the Earth's rising vibration and assist the transformation of humanity in to a global culture of peace and unconditional love. Blending her academic, cultural and shamanic training, she is able to bridge spiritual viewpoints, knowledge and ancient wisdom in authentic and meaningful ways.





( Flex Pass or Monthly ) or purchase Series specifically for the dates specified below  
Series \$50 ( approx. 7 sessions)



### BARRE

Fusing the best of Ballet, strength, Yoga and Pilates . This class Rocks! Challenging and sculpting the body without the risk of injuries, working within your own range of motion. BARRE sculpts like no other class , by using the principles of interval overload , systematically exhausting each muscle group. We encourage you to join us no matter your skill or fitness level. warning: highly addictive !!!! Super FUN.

**Monday's or Wednesday's**  
**4:30-5:15PM**  
**Sept 12- Oct 24th**  
**Nov 7th- Dec 19th**

### PIYO

It's low-impact but high-intensity. And when you're done, you'll feel that exhilarating glow that comes with doing something great for your body. The Muscle Sculpting of Pilates: Challenging yoga-inspired moves define long, lean muscles. aerobic 128 bpm music to keep you goovin'.

*Warning : this is a highly fast paced class , if you suffer from knee or ankle ,joint pain please , wear shoes to prevent injury*

**Tuesday & Thursday**  
**6:00-6:45AM**  
**Sept 11- Dec 6th**

**PIYO FUSION ( alternat- ing)**  
**Sunday's 4:00-5:00PM**  
**Sept 11-Dec 18**



*Piyo Season Pass :  
10 sessions for \$99*



### PILATES FIT

This slow practice promotes strength, flexibility, balance and body awareness and really zeroes in on your most troublesome toning spots--the belly and waistline , while teaching you proper alignment .Flatten your belly, sculpt your hips and strengthen your back ,core and walk away feeling taller !!.

Change your shape today with PilatesFit!

**Fridays' 9:30-10:30AM**  
**Sept 14th- Nov 2**  
**Nov 9-Dec 14th**

### CYCLING CLASSES

*Welcome to our New Keiser M3i ~Exclusive Indoor Cycling "Garage". We are all about safety and performance . Learn to ride in a fun environment- Learn hill's and Drills while you groove to awesome tunes from Today and yesterday. Each instructor will take you on a journey - our lights are dim and our cycling will make you sparkle!*

**Monday , Wednesday ,**  
**5:15-6:00PM**  
**Sept 10- Dec 7th**

### CYCLE 30

This non-impact class has the same health benefits as a regular cycling class with an added metabolic boost to accelerate fat loss. The Express Cycle format incorporates HIIT training and Tabata drills to increase your power and stamina. If you are limited for time and seeking a cardiovascular challenge, this is the class for you.

**Tuesday & Thursday**  
**5:15-5:45PM**  
**Sept 11- Dec 6th**

### CYCLE +CORE

A high energy indoor cycling/core class will focus on stamina and strength. The first 30 minutes will be a high energy and strength building ride followed by a 30 minute core workout which will include abdominal and arm definition. This class is led by energetic instructors as well as a motivating playlist

**Monday's & Wednesday's**  
**8:30-9:30AM**

### Fun Cycle Friday's

This is a great place for beginners and active agers to first join in on the FUN! Lot's of tunes to sing and spin along to.

**Fridays' 8:30-9:15 AM**

### MIND/BODY VIRTUAL RIDE

Come join us on a road trip! This Virtual SPIN class will steer away from city roads and simulate a thrilling ride that will take you through plenty of peaks and valleys. It's unpredictable, fun, and will challenge your body in new and exciting ways. join us for a different adventure all over the world ! This will still be the same great class as our Zen Cycle!

Come join us on our big screen .

**Saturdays 9:00-9:45am**  
**Sept 15-Dec 15**

( Flex Pass or Monthly )



# INTERVAL TRAINING

## Hiit workout Series.....

Our unique Strength classes - high intensity interval training classes engage the entire body and will have you pushing harder than you ever thought you could. Every day is a different workout so we always keep you guessing. Below is our unique blend of classes..... Join one or do the H.i.i.T Challenge -

**FOUNDATION**-Start the week off right with this workout that will get your body moving, heart pumping and focuses on your foundation, your core. Love it or hate it, everyone needs to strengthen their core.

Focus: Abs/Arms/Cardio

**PUSH**-The Push workout will build those muscles designed to drive in both the upper and lower body. This is where we develop explosiveness. Our muscles are used to push or pull as we go about our daily activities, so we need to train our body for both of these types of movements starting with the Push.

Focus: Chest/Shoulders/Triceps/Quads

**ANCHOR**-Everything needs some sort of anchor, and for we humans, that is our lower body. This workout will strengthen the largest muscles in your lower body and help you dig in when needed. This is definitely Sir Mix-A-Lot's favorite workout. Focus: Glutes/Quads/Hamstrings/Calves

**PULL**-The Pull workout is designed to build those reaching muscles in the upper and lower body. This workout will help with proper posture and strengthens some of the largest muscles in the body. Pull is the counterpart to our Push workout. Full body development requires both Push and Pull.

Focus: Back/Biceps/Glutes

**CHARGE**-This is your "get ready for the weekend" workout, it is fast, fun, and fierce. We unleash your inner athlete while utilizing all of our unique fitness toys. You will torch calories by working your entire body setting you up for a guilt free weekend.

Focus: Full Body & Cardio

**FUSE**-This workout will Fuse the best exercises from the previous week for an "all in one" sweat session. You will get one more chance to master certain exercises from the week while focusing on full body strength.

Focus: Full Body Strength

**REFRESH (PiYO/ or YoGA26)**Refresh is a dynamic workout centered around mobility, cardio, and flexibility while still forcing your heart rate up to get you ready for the week ahead. Flushing the lactic acid from the muscles and getting in a nice stretch to help the body recover is the point of this workout.

Focus: Full Body Mobility/Flexibility/Agility/Recovery

### Hiit AM Challenge

Monday , Wednesday , Friday

6:00-6:45AM

Sept 10-Oct 5th \$99

Oct 15- Nov 9th \$99

Nov 12- Dec 7th \$99

### Hiit PM Challenge

Tuesday & Thursday

4:30-5:15PM

Sept 11-Oct 4th \$75

Oct 16- Nov 8th \$75

Nov 13- Dec 6th \$75

### Saturdays

8:00-8:45AM

\*Bonus Day included in  
your challenge !

# YOGA

## ZEN YOGA

Yin and Yang class focuses on connecting your breath to your movement. It is taught with an emphasis on instructor demonstrations and "hands-on" assistance, each class begins with a shoulder massage from the instructor to set the tone of your relaxed state. Who Should Attend: beginner to intermediate's of yoga. If you'd like to learn the fundamental poses or focus on improving your alignment, this is the class for you! Experienced yogis will also enjoy the challenge and intensity of flowing through class at a **slower pace**.

Tuesday & Thursday

8:30AM- 9:30AM

Sept 12- Dec 20

( Flex Pass or Monthly )

## ZEN CORE YOGA

More Yang and a little Yin class...The emphasis of this is breathing, abdominal, core control strength & flexibility. Developing a mind body connection, increasing your awareness & ability to engage the deep abdominal musculature with other essential stabilizing muscles in the body will strengthen & improve all types of movement practice. A challenging class with many modifications. **All levels welcome**

Monday & Thursday

6:00-7:00PM

Sept 11- Dec 20

( Flex Pass or Monthly )

## YIN YOGA WITH SINGING BOWLS®

Yin Yoga is the practice of letting go. It teaches us the art of equanimity and mindfulness, using the body sensations to be truly present in the moment. The stillness that Yin Yoga provides helps balance out our daily go-go mode, reducing stress and releasing tension stored in our fascia or tissues. In this series we focus on the Hips to release built up emotions and increase mobility while at the same time stimulating the meridians - energy channels. We'll use Quartz Singing Bowls throughout the class to help you tune in deeper into your body and change your vibration from inside out, for a homeostatic **healing experience**.

Wednesdays

5.30pm- 6.30pm

Oct 3- Nov 7

\$75

® Registered  
class

## ZEN YOGA 26° ~

This signature class strengthens, balances and detoxifies ( 26-40 postures sequence ) your entire body and mind as you move through postures and connected breath.. **all levels welcome** , variations of poses are shown to provide . a safe and empowering practice, feeling successful ,relaxed and full of ZEN :) - we play a blend of casual sound , from Floyd to Sting , to inspirational and uplifting vibes !

Alternating

Sunday's 4:00-5:00PM


Sept 15- Dec 18

By Donation Class!

We highly recommend purchasing a monthly unlimited if you are attending any other classes—ask for details at our open house or call

**Pull this out and put on your fridge!**

**www.pur-zen.com | 250-486-7295**

| MONDAY                             | TUESDAY                              | WEDNESDAY  | THURSDAY                             | FRIDAY  | SATURDAY   |
|------------------------------------|--------------------------------------|--|--------------------------------------|---|--|
| <b>H.i.i.T</b><br>6:00-6:45 AM     | <b>PIYO™</b><br>6:00-6:45 AM         | <b>H.i.i.T</b><br>6:00-6:45 AM   | <b>PIYO™</b><br>6:00-6:45 AM         | <b>H.i.i.T</b><br>6:00-6:45 AM  | <b>HIIT</b><br>8:00-8:45AM*  |
| <b>CYCLE + CORE</b><br>8:30-9:30AM | <b>YOGA</b><br>8:30-9:30AM           | <b>CYCLE + CORE</b><br>8:30-9:30AM   | <b>YOGA</b><br>8:30-9:30AM           | <b>EASY CYCLE</b><br>8:30-9:15AM  | <b>CYCLE</b><br>9:00-9:45AM*   |
| <b>STRETCH 50+</b><br>9:45-10:30AM | <b>H.I.P/TRX 50+</b><br>9:45-10:15AM | <b>STRETCH 50+</b><br>9:45-10:30AM   | <b>H.I.P/TRX 50+</b><br>9:45-10:15AM | <b>PILATES FIT™</b><br>9:30-10:30AM   | <b>Cardio Kick®</b><br>10:00-11AM*   |
| <b>BARRE</b><br>4:30-5:15PM        | <b>HIIT</b><br>4:30-5:15PM           | <b>BARRE</b><br>4:30-5:15PM  | <b>HIIT</b><br>4:30-5:15PM           | <b>TRX EXPRESS®</b><br>4:30-5:00PM  |  |
| <b>CYCLE 45</b><br>5:15-6PM        | <b>CYCLE 30</b><br>5:15-5:45PM       | <b>CYCLE 45</b><br>5:15-6PM  | <b>CYCLE 30</b><br>5:15-5:45PM       | <b>CYCLE 45</b><br>5:15-6PM   | <b>SUNDAY</b><br>4-5PM*<br><b>YOGA26 OR</b><br><b>PiYo Fusion</b><br><b>Flow</b><br><small>*no classes on certain<br/>workshop &amp; holiday<br/>weekends.</small> |
| <b>TRX EXPRESS®</b><br>5:30-6PM    | <b>CARDIO KICK®</b><br>6:00-7:00PM   | <b>YIN YOGA®</b><br>5:30-6:30PM  | <b>CORE YOGA</b><br>6:00-7:00PM      | <b>SALSA FLOW®</b><br>5:30-6:30PM   |  |
| <b>CORE YOGA</b><br>6:00-7:00PM    | <b>ZUMBA®</b><br>7:30PM-8:15PM       |  | <b>ZUMBA®</b><br>7:30PM-8:15PM       |  |  |

{8}

{9}

\*SCHEDULE  
SUBJECT TO CHANGE