



# FitWorks

## CLASS SCHEDULE

**Fall/Winter Hours**  
 Monday-Friday 7:00 am - 7:00 pm  
 Saturday 9:00 am - 3:00 pm  
 Sunday CLOSED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00 am		<b>SLOW FLOW YOGA</b> Jennifer Kuhlmann		9:00 - 10:15 <b>YOGA &amp; BREATH</b> Victoria Roper		9:15 - 10:15 <b>YOGA</b> Tom Downey
10:30 - 11:30 am				<b>STRETCH, STRENGTHEN AND RELAX</b> Victoria Roper <i>*Class begins Dec 2</i>		
12:00 - 1:00 pm	<b>H.I.I.T</b> Janelle Conners	<b>PILATES</b> Robyn Marelli	<b>H.I.I.T</b> Janelle Conners	<b>H.I.I.T</b> Janelle Conners <b>PILATES</b> Robyn Marelli	<b>H.I.I.T</b> Janelle Conners Starts 10/15	
4:15 - 5:15 pm	<b>CARDIO STRENGTH</b> Jennifer Kuhlmann	<b>YOGA</b> Victoria Roper		<b>SPIN</b> Jennifer Kuhlmann	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>FALL/WINTER 2021 SCHEDULE            \$8/drop-in class   <b>COLOR: Large Studio</b>  <b>COLOR: Small Studio</b></p> </div>	
5:30 - 6:30 pm	<b>FELDENKRAIS</b> John Vladimiroff		<b>SKI CONDITIONING/ DRYLAND</b> Jennifer Kuhlmann	<b>PILATES</b> Robyn Marelli		



*Pursue the Active Life*

# FitWorks Classes

## **CARDIO STRENGTH:**

Want a full body work out with pain free exercises? This class focuses on whole body strength and cardio exercises to help maintain and increase current health and fitness levels.

## **FELDENKRAIS:**

Engage in precisely structured movements that involve thinking, sensing, and imagining. Each lesson consists of easy movements that gradually evolve to incorporate a greater range of motion and complexity.

## **FITNESS FLOW YOGA:**

This intermediate level class is designed to increase your heart rate, tone your muscles and build flexibility. A series of movements connected to the breath will leave you feeling challenged and restored.

## **H.I.I.T:**

This fast-paced, high intensity interval class combines vigorous bursts of functional movement (like squats and lunges) with short rests or slower paced activity. H.I.I.T. training boosts your metabolism, strengthens your heart and builds muscular fitness.

## **M.I.I.T:**

Moderate Intensity Interval Training, this is a fast paced moderate intensity interval class This class is similar to H.I.I.T training but has been modified to use moderate impact exercises. M.I.I.T offers all the same benefits as a H.I.I.T class it boosts your metabolism, strengthens your heart, and builds muscular fitness with less impact.

## **PILATES:**

The Pilates method seeks to develop controlled movement from a strong core. Pilates focuses on developing the deep stabilizing muscles of the torso and strengthening core abdominal and back muscles.

## **SKI CONDITIONING/DRYLAND**

Jump start your upcoming ski season with this progressive class that will get you ready to hit the slopes. Push your heart rate and build the fitness you need to tackle mountainous terrain with plyometrics, cardio pushes, and core stability. This class welcomes beginners and experts alike and focuses on leg strength, balance, and power.

## **SLOW FLOW YOGA:**

Slow flow yoga is a creative, therapeutic flow designed to bring balance to the body and mind through holding poses. When we slow down and relax the nervous system, we focus on our breath and you become stronger mentally and physically. Slow flow yoga practice is designed for anyone new to yoga or looking to get back to the basics.

## **SPIN:**

Indoor cycling is great exercise for people of all abilities and fitness levels. Featuring the same low-impact workout and great aerobic benefits as road or mountain biking outdoors.

## **STRETCH, STRENGTHEN, AND RELAX:**

User-friendly class focusing on simple range of motion, balance, strength and relaxation with breath.

## **YOGA and YOGA & THE BREATH:**

Learn to stretch, strengthen, balance and become more flexible through Asana's (postures) and the breath in a gentle manner.

**COVID-19 PROTOCOLS** We are following the the Blaine County Commissioner's Risk Assessment Scale, and when in **RED** or **ORANGE**, masks are required at all times in FitWorks. When in **YELLOW** or **GREEN**, you are required to wear a mask to enter the Community Campus, but once you are in FitWorks and actively working out, you can remove the mask as long as you can maintain 6 feet of distance from others.

We are limiting class sizes to allow for 6 feet of distancing between participants. Classes will be on a first come first serve basis.

Please bring your own mat, towel, and water bottle.