

**Group Exercise / Cycling Class Schedule**

Effective January 15/2018

Before joining a class, please refer to our class descriptions on the back of this schedule as they will help you select the ideal workout for your abilities, interests and level of intensity. Our instructors will energize you with their pumping energy and motivating music, and will make your experience at Xanadu the best part of your day, every day! Group Exercise / Cycling classes are subject to change without notice.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:10AM - 6:00AM		<b>RIDE &amp; STRIDE</b> (DEMI)		<b>POWERED UP</b> (DEMI)			
6AM - 6:50AM			<b>IRON RIDE</b> (MITCH/CHRIS)				
9AM - 9:30AM			<b>TREKKING</b>				
9AM - 9:50AM		<b>POWERED UP</b> (MARY)				<b>IRON RIDE</b> (RICK)	<b>POWERED UP</b> (COLETTE/BOZENA)
9:30AM - 10:20AM				<b>PEDAL TO METAL</b> (BOZENA)			
10AM - 10:50AM	<b>JUST RIDE</b> (ROSS)					<b>FULL THROTTLE SPIN</b> (SUSANNE)	
5:30PM - 6:20PM	<b>PEDAL TO METAL</b> (BOZENA)		<b>STRATEGIES OF STRENGTH</b> (COLETTE)		<b>IRON RIDE</b> (COLETTE)		
6:00PM - 6:50PM							

**Group Fitness Etiquette**

- 1 - Please be respectful to ALL Instructors and participants of the class.
- 2 - Please wear CLEAN gym shoes.
- 3 - Be on time
- 4 - Make sure cell phones are OFF or set on SILENT
- 5 - Advise instructor if you have any injuries or are new to the workout, so modifications can be made.
- 6 - Use Gym Wipes to clean your mat/equipment.
- 7 - Please refrain from wearing perfume or cologne.
- 8 - If leaving early, please advise instructor prior to class.

- 9 - Please place equipment back in original racks/ location.
- 10 - Gym bags, coats, purses, etc. are to be kept in a locker located in the change room
- 11 - HAVE FUN!!!

■ **CARDIO DECK**

■ **SPIN ROOM**

**CYCLE- LOGICAL:** This class is for everyone from the beginner to the highly experienced exerciser. The emphasis is on providing a real fun and effective workout for all fitness levels. Basic to intermediate techniques are incorporated along with a focus on proper form. This class may offer more challenging options for experienced participants.

**EXPRESS:** A 30 Minute Cardio & Strength blast! For a quick, high pace, energetic morning wake up! All levels welcome.

**FULL SPEED AHEAD:** For the spin enthusiast looking for more! This is a challenge of the mind and the body, pushing you to the limit! Combining interval, hill and speed training all in one. Don't forget your towel and water, you will need it for this one!

**FULL THROTTLE SPIN:** High Energy Spinning to the best Rock Music! An energetic workout for all levels, working for extended periods of time to metabolize fat at higher rates!

**FUSION:** A brand new workout for your entire body! We have "Fuzed" together the best of Kranking and Spinning all in one class! Pushing yourself to the limit with leg cycling, then hopping onto the Krank cycles for an upper body/core workout, while keeping your heart rate up! You will be using both cycles in rotations. This new class is the only one like it around! Come and give it a try!

**IRON RIDE:** This workout was inspired by the world's most grueling single-day endurance event, the IRONMAN triathlon. Prepare to ride for the entire session at your lactic threshold as we use intense visualization to ride on a variety of challenging terrain, through environmental challenges and accumulated fatigue. This is a great way to push your limits!

**JUST RIDE:** From an experienced rider to a beginner, you will soon realize the enjoyment and reward that comes from cycling. We go through a little bit of everything and let the bike take you on an experience... just keep riding!

**PEDAL TO THE METAL:** This class is designed to give you the challenge you are looking for! It will push you to new limits with challenging climbs, sprints, and intervals. Watch your lower body strengthen while the calories are burning!

**POWERED UP!:** Are you ready to get Powered Up? The amount of work completed in a given amount of time by a cyclist is known as power. Through speed, intensity, and resistance this workout is sure to deliver.

**RIDE & STRIDE:** Come and experience an energetic class like no other. Taught on the award winning Keiser M3 Indoor Cycles. Increase your power and output, rev up your body in both a seated and upright position in this workout!

**SPINSANITY:** A crazy funride where you can take it easy or take it to the extreme - either way, you're in for a great workout and a good time.

**SPIN & YOGA COMBO (60min.):** Pairing indoor cycling's intense, calorie-busting cardio workout with yoga, the mind-body practice of stretching into inner peace, may seem like a mismatch but it WORKS!! One 60min. class incorporates cardio, flexibility and strengthening elements. Spinning can be very "one direction", therefore muscles get overused and tight but by adding yoga poses, one can ease the muscles and improve strength. This combination class is suitable for cyclers who may be unfamiliar with yoga!

**STRATEGIES OF STRENGTH:** Lets get real and experience true hill climbing strategies of gearing resistance, pedaling, breathing and form. Bringing the hills to life will transform your way of climbing and bring freshness back to your strength ride!

**TREKKING:** Are you bored on the treadmill? Always looking at the clock? Come try this new "treadmill class" You will be surprised just how much you can do on a treadmill, and never have to worry about looking at the clock again... Come out for a sweatin' good time!

CLASSES ARE SUBJECT TO CHANGE.



	MON	TUE	WED	THU	FRI	SAT	SUN
9:00AM - 10:00AM	<b>MAT PILATES (JANNA)</b> 9:15AM-10:15AM	<b>FLOW YOGA (HEIKE)</b>	<b>SIVANANDA INSPIRED YOGA (LAUNA)</b> 9:30AM-10:30AM	<b>MAT PILATES (AMY)</b>	<b>FLOW YOGA (HEIKE)</b>		<b>FLOW YOGA (LAUREN)</b>
10:00AM - 11:00AM						<b>YIN/YANG YOGA (JACQUELINE)</b> 10:00AM-11:15AM	
10:15AM - 11:15AM		<b>BARRE INFLUENCED PILATES FUSION (AMY)</b>		<b>KUNDALINI YOGA (FRANK)</b>			
10:20AM - 11:20AM	<b>KUNDALINI YOGA (FRANK)</b>						
4:30PM - 5:30PM			<b>FLOW YOGA (JACQUELINE)</b>				
5:30PM - 6:30PM		<b>YOGA FUSION (CHRISTINE)</b>					
6:00PM - 7:00PM	<b>VINYASA REMIX (JAMIE)</b>	<b>T.R.Y YOGA (CHRISTINE)</b> 6:45PM-7:45PM	<b>VINYASA FLOW (TRACEY)</b>	<b>ALL LEVELS YOGA (CHERYL)</b>			

### YOGA STUDIO ETIQUETTE

The spirit of Yoga embraces the qualities of compassion, awareness and respect. In this attitude of awareness we ask that you . . .

- If your schedule permits please try to arrive 5-10 minutes before the class begins, to allow yourself time to settle into your Yoga practice. Classes will start at the time scheduled. If you do arrive just as the class is beginning please enter and set up quietly.
- If you have to leave the class early, please inform the teacher that you may leave before final relaxation, Savasana. If leaving early please set/place your mat at the back of the class.
- Inform your teacher about any injuries or health conditions before class. This will help the teacher make suggestions to modify the poses to enhance your practice.
- All though we all like a few good laughs, the practice of Yoga is that of an "inward" or quiet practice (mindfulness). Out of respect for your fellow students and your practice we ask that conversation to be kept minimum before, during and after class if there is another class following immediately. Remember that this hour is for you to unwind and connect with self, breath and leave feeling amazing. To maximize your experience one needs to go inward and quiet the mind. Refraining from idle conversation will facilitate you getting most from your practice. We want to create a space of healing, quiet, relaxation as well as one of friendship.
- Please turn off your cell phones, or better yet leave them in your locker. If you are on-call or in an emergency situation, please let the teacher know before class.
- Please refrain from wearing perfumes or fragrances as they may disturb some students and some may have allergic reactions.
- Making choices, variety is a spice of life. We offer a variety of teachers and styles to practice with. This can be a very personal thing that it may take a while to find a right combination. Make your own choices honestly, privately and with integrity. Remember that talking with the teacher is helpful, talking about them is not.
- If you are experiencing any signs of cold, flu, coughing etc. We ask that you kindly refrain from attending a class until you feel better. We love you . . .not your germs.

Namaste



## YIN/YANG YOGA

Yin Yang Yoga blends two styles of yoga into one practice - bringing together the benefits of holding yoga poses with more dynamic sequences & standing postures - open to all levels.

## MAT PILATES (60min)

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improve posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

## FLOW YOGA (60min)

A full body and mind conditioning yoga class that is mixed levels - accessible and highly enjoyable to all students who regularly attend Flow Yoga. A strong emphasis on alignment in a compassionate and peaceful space. Poses are taught with variations for a level of students. Explore arm balances and inversions at a basic level with options to go deeper. Come and flow with everyone!

## VINYASA-REMIX (60min)

Pump up your vinyasa flow! This class is a creative combination of flowing, strengthening and unwinding infused with breath and continuous movement. Expect a more upbeat and energetic sequence that will create heat in the body and end with total relaxation. You will flow with the rhythm of your breath and to the beat of the music. Expect to try some new things and mix it up a bit. This class is suitable for all levels as many options and modifications will be given. You can move to the beat of your own drum.

## YOGA FUSION

"Fluid movement combined with traditional asana." Open to all levels.

## T.R.Y.

"A therapeutic, restorative, and yin yoga." Open to all levels.

## KUNDALINI YOGA (60min)

(KY) is the yoga awareness; a dynamic powerful tool that is designed to give you an experience of your soul to discover what it is that makes you "tick". KY is for householders, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants skills to cope successfully with the challenges of our times. KY harnesses the mental, physical and nervous energies of the body putting them under the domain of the will, which is the instrument of the soul. The technology precisely and consciously combines breath, mudra, eye focus, mantra, body locks and postures to balance the glandular system, strengthen the nervous system, expand the lung capacity, and purify the blood. It brings the balance to the mind, body & soul.

## VINYASA FLOW (60min)

This class will be lively and energetic. You will work on synching your breath with movement all while building strength and gaining flexibility. Using a greater mind-body awareness, you will move through a range of postures in a creative and purposeful sequence. Proper alignment cues will be given with options to modify or move deeper into each posture. Cleanse the body with this cardiovascular and strength building workout and calm the mind with breath work and meditation techniques. Be sure to work at your own pace and take breaks whenever you feel the need.

## BARRE INFLUENCED PILATES FUSION

This is a fun and energetic class of basic ballet dance movements to upbeat music fused with Pilates Mat!...Experience a great class that combines low impact cardio, toning, flexibility, and Pilates core. Open to all levels.

## SIVANANDA INSPIRED YOGA

Slowed sequence of strengthening postures designed with periods of relaxation to fully enhance body, mind & spirit. Open to all levels.

## ALL LEVELS YOGA

Join us for the joyful practice of yoga. This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment, beginners will safely learn the basics while more experienced students can take postures to a deeper level.

**CLASSES SUBJECT TO CHANGE IF NOT WELL ATTENDED.**