

# FALL/WINTER SCHEDULE

"XANADU" - A place of great beauty, luxury & contentment

519-727-8822. Effective January 21/2019

## Group Exercise / Cycling Class Schedule / Yoga

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:10AM - 6:00AM	POWERED UP (DEMI)		POWERED UP (DEMI) 5:10AM-6:00AM		POWERED UP (EMILY) 5:10AM-6:00AM		
9:00AM - 10:00AM	STRETCH & RESTORE (ELENA)	FLOW YOGA (HEIKE) 9:00AM-10:15AM POWERED UP (MARY) 9:00AM-9:50AM	GENTLE FIT (ELENA)	BARRE INFLUENCED PILATES (AMY)	FLOW YOGA (HEIKE) 9:00AM-10:15AM	IRON RIDE (ANITA/BOZENA/RICK) 9:00AM-9:50AM	POWERED UP (ANITA/BOZENA) 9:00AM-9:50AM
9:30AM - 10:20AM				RPM (BOZENA)		MAT PILATES (HUEY) 9:00AM-10:00AM	
10:00AM - 11:15AM	THE RIDE (ANITA) 10:00AM-10:50AM		SIVANANDA INSPIRED YOGA (LAUNA) 10:15AM-11:30AM		EXPRESS RIDE (ANITA) 10:00AM-10:30AM	MINDFUL MOVEMENTS YOGA (JACQUELINE/JORDAN S) 10:10AM-11:10AM FULL THROTTLE SPIN (SUSANNE) 10:00AM-10:50AM	MINDFUL YOGA (HEIKE) 10:00AM-11:00AM
10:20AM - 11:20AM	KUNDALINI YOGA (FRANK)	BARRE (AMY)		KUNDALINI YOGA (FRANK)	RIDE 30 (ANITA) 10:30AM-11:00AM		
5:00PM - 6:00PM			VINYASA FLOW (TRACY) 4:30PM-5:30PM				
5:30PM - 6:30PM	RPM (BOZENA) 5:30PM-6:20PM	YOGA UBY (CHRISTINE)	THE RIDE (EMILY) 5:30PM-6:20PM	RESTORATIVE YOGA (CASSANDRA)	POWERED UP (DEMI) 5:30PM-6:20PM		
6:00PM - 7:00PM	VINYASA REMIX (JORDAN S.)	IRON RIDE (RICK) 6:00PM-6:50PM	FLOW YOGA (CHERYL)				
6:45PM - 7:45PM		TRY (CHRISTINE)		BURN BARRE (MICHELLE)			

- 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!!!

■ **YOGA ROOM**

■ **SPIN ROOM**

**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.

**MORNING 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.

**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:** A full body workout combining principles of pilates with ballet based exercises in a fun, upbeat class. All levels are welcome.

**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:** Pranayama & traditional Hatha sequence of 12 meditative postures with brief periods of relaxation throughout & extended Savasana for maximum benefits of body, mind & spirit! Welcome to bring a small blanket!  
Beginner to intermediate.

**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.

**RESTORATIVE YOGA:** Restore and flow with this gentle and relaxing practice. Postures will progress at a slower pace to release tension and activate deep tissue stretching. Challenge yourself to feel the benefits of each movement by incorporating breathing techniques to maintain a sense of calmness.

**GENTLE FIT:** A fun class using low impact floor aerobics. Core/balance training as well strengthening exercises which are a great addition to this hour workout. All levels welcome.

**HATHA:** Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition and ease of movement. All levels welcome.

**UBY:** "Ultimate Beginner Yoga." The quintessential beginner yoga class. Breaking down of postures, and breathing to build confidence for a life long yoga practice.

**TRY:** A combination of therapeutics, restorative and Yin Yoga to end your day sublimely. All levels welcome.

**MINDFUL (MOVEMENTS) YOGA:** This class is easy paced which allows one to move through the poses mindfully, paying attention to the experience in the present moment. This all levels class will encourage you to connect to yourself, focus on your breath and honor your body.

**BURN BARRE:** This all levels class, is a full body workout concentrating on hips, thighs, glutes, abs and arms. The low impact technique consists of strength training in sections, stretching after each section. This creates the lean, long muscles you crave, without adding bulk. It requires concentration which can help you achieve mental benefits like those you receive from yoga or meditation.

**EXPRESS RIDE:** This 30 minute ride is designed as an interval driven, sweat inducing magic carpet ride for all fitness levels that's guaranteed to give you PURE ENERGY! We're here for a good time, not a long time! All levels welcome.

**RIDE 30:** This 30 minute ride will boost your health and increase your metabolism through intervals, speed work, hills and Tabata training at every fitness level. All levels welcome.

**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!

**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!

**RPM:** In this RPM ride, you repeatedly spin the pedals to reach your cardio peak, then ease down, keeping pace with the pack. All levels welcome.

**CARDIO PARTY RIDE:** This 30 minute ride will boost your health and increase your metabolism through intervals, speed work, hills and Tabata training at every fitness level. Monday's are magic again! All levels welcome.

**THE RIDE:** This is it! The ride that will inspire your inner athlete, create your higher power, turn up your torque and empower you to feel like the ROCKSTAR you are! Using metric based intervals, speed work, endurance, hills and big -big beats, Anita will find your Soul! Saddle up and clip in, this is a big deal! All levels welcome.

**RHYTHM RIDE:** This 30 minute ride is designed as an interval driven, sweat inducing magic carpet ride for all fitness levels that's guaranteed to give you PURE ENERGY! We're here for a good time, not a long time!