

# MARCH

# FITNESS CLASS SCHEDULE

NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE. • OPEN TO ALL LEVELS OF FITNESS

MON	TUE	WED	THU	FRI	SAT
<p><b>HATHA YOGA</b> 6-7 AM N1</p> <p><b>POWER PUMP</b> 11:30 AM - 12:30 PM N1</p> <p><b>JUDO</b> P 5-7 PM ND</p> <p><b>ZUMBA</b> 5:15-6:15 PM N3</p>	<p><b>SPIN</b> 6-7 AM N1</p> <p><b>CARDIO KICKBOXING</b> P 11:30 AM - 12:30 PM ND</p> <p><b>FUNCTIONAL FLEXIBILITY</b> Noon - 1 PM SD</p> <p><b>DANCE</b> P 3-4:35 PM N3</p> <p><b>YOUTH FITNESS</b> P 4-6:45 PM AT</p> <p><b>MIXXEDFIT</b> 5:15-6:15 PM S</p> <p><b>CARDIO KICKBOXING</b> P 5:15-6:15 PM ND</p> <p><b>AIKIDO</b> P 6:45-7:45 PM ND</p>	<p><b>GLUTES &amp; ABS</b> 11:30 AM - 12:30 PM N1</p> <p><b>YOUTH FITNESS</b> P 4-7:30 PM AT</p> <p><b>JUDO</b> P 5-7 PM ND</p> <p><b>SPIN</b> 5:15-6:15 PM S</p> <p><b>BODY SCULPT</b> P 5:15-6:15 PM N1</p> <p><b>HATHA YOGA</b> 6:30-7:30 PM N1</p>	<p><b>SPIN</b> 6-7 AM N1</p> <p><b>YOGA FLOW</b> 8:30-9:30 AM ND</p> <p><b>YOUTH FITNESS</b> P 10 AM - Noon AT</p> <p><b>DANCE</b> P 3-4:35 PM N3</p> <p><b>YOUTH FITNESS</b> P 4-7 PM AT</p> <p><b>MIXXEDFIT</b> 5:15-6:15 PM S</p> <p><b>AIKIDO</b> P 6:45-7:45 PM ND</p>	<p><b>YOGA FLOW</b> 6-7 AM ND</p> <p><b>MIXXEDFIT</b> 11:30 AM - 12:30 PM S</p>	<p><b>BODY SCULPT</b> P 7:30-8:30 AM N1</p>



Scan for registration and information for paid classes.

**N1** IRONWORKS NORTH AEROBICS RM. 1

**N3** IRONWORKS NORTH AEROBICS RM. 3

**S** IRONWORKS SOUTH AEROBICS RM.

**ND** IRONWORKS NORTH DOJO

**SD** IRONWORKS SOUTH DOJO

**AT** ATAGO GYM YOUTH FITNESS

**P** PAID CLASS

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## FITNESS CLASS SCHEDULE

### CLASS DESCRIPTIONS

#### ZUMBA

Dance your way to a fitter you with Latin-based high and low-intensity intervals designed to boost your cardiovascular endurance.

#### SPIN

A non-weight bearing, heart-pumping workout on a spin bike. Ride flats, hills, intervals, and sprints to the beat of the music.

#### MIXXEDFIT

A mix of explosive dancing and body weight toning. The routines feature Aerobic interval training with a combination of fast and slow rhythms.

#### YOGA FLOW

A yoga practice designed to help you move with your breath. This class promotes balance, strength and flexibility, as well as mindfulness and relaxation.

#### FUNCTIONAL FLEXIBILITY

A yoga practice designed to improve mobility and range of motion for daily life. This class includes stretching and strengthening the muscles around the joints to support the fundamental human movements of push/pull, hinge/twist, and squat/lunge. It's also a great way to reduce strain and stiffness due to weight training, long distance running, or other repetitive exercises.

#### HATHA YOGA

A science-based approach to yoga stretching that focuses on increasing functional mobility and range of motion. Add this class to your weekly routine to support weight training, long distance running, or advance your yoga practice.