

# MAY

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

**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. All levels welcome.

#### 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. All levels welcome.

#### HATHA YOGA

A foundational yoga class that focuses on alignment, breath, and mindful relaxation. Great for reducing stress and improving mind-body connection. All levels welcome.