



October 2016 **Current Schedule**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30am - 9:15am Yoga CX Kerry Donnelly	8:30am - 9:15am Aerial Yoga Kerry Ann McCarthy		8:30am - 9:15am Aerial Yoga Kerry Ann McCarthy	8:30am - 9:15am Aerial Yoga Beth Kilmore	
	9:30am - 10:30am Power Yoga Sculpt Anna Paiva	9:30am - 10:30am Juniko60 Mike Eaton	9:30am - 10:30am Power Yoga Sculpt Anna Paiva	9:30am - 10:30am Juniko60 Mike Eaton	8:30am - 9:30am Muay Thai Fitness Mike Gresh	
	9:30am - 10:30am Child Enrichment Erin LaMonte	9:30am - 10:30am Child Enrichment Erin LaMonte	9:30am - 10:30am Aerial Yoga Kerry Ann McCarthy	9:30am - 10:30am Child Enrichment Erin LaMonte	9:30am - 10:30am Child Enrichment Erin LaMonte	9:30am - 10:30am Aerial Yoga Kerry Ann McCarthy
10:00am - 1:00pm Open Mat	12:00pm - 1:00pm Aerial Yoga Kerry Ann McCarthy	12:00pm - 1:00pm Adult BJJ Ariel Sexton	10:30am - 11:15am Mommy & Me Inspire Kids Yoga	12:00pm - 1:00pm Adult BJJ Ariel Sexton	9:30am - 10:30am Cardio Kickboxing Mike Gresh	
	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	12:00pm - 1:00pm Yoga CX Kerry Donnelly	
	4:00pm - 4:30pm Kids Yoga (9-12) Inspire Kids Yoga	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton	4:00pm - 4:30pm Kids Yoga (9-12) Inspire Kids Yoga		
	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton			4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton		
	5:00pm - 5:30pm Kids Yoga (4-8) Inspire Kids Yoga		5:45pm - 6:45pm Aerial Yoga Kerry Ann McCarthy	5:00pm - 5:30pm Kids Yoga (4-8) Inspire Kids Yoga		
	6:30pm - 7:30pm Power Yoga Kerry Ann McCarthy	6:00pm - 7:00pm No Gi Mike Gresh	6:30pm - 7:30pm Adult BJJ Juliano Coutinho	6:00pm - 7:00pm No Gi Mike Gresh		
	6:30pm - 7:30pm Adult BJJ Ariel Sexton	7:00pm - 8:00pm Muay Thai Fitness Mike Gresh		7:00pm - 8:00pm Muay Thai Fitness Mike Gresh	7:00pm - 8:00pm Adult BJJ Ariel Sexton	
		8:00pm - 9:00pm Competition Team Mike Gresh		8:00pm - 9:00pm Competition Team Mike Gresh		

GROUP X SCHEDULE

MON - THURS
8:00am - 8:00pm

FRIDAY
8:00am - 1:00pm
6:30pm - 8:00pm

SATURDAY
9:00am - 12:00pm

SUNDAY
10:00am - 1:00pm

Register for classes at
www.mindbodyonline.com

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Class Descriptions



Yoga CX	Brazilian Jiu Jitsu	Juniko60
<p>Yoga CX offers a unique style of yoga as a training aid for all around fitness. The goal of yoga practice is always to regain, maintain, or create balance. In Yoga CX, we add components of core work, strength and agility throughout the practice. Balance is achieved utilizing different tools in the yoga studio. Yoga CX is a great option for members looking to add more balance to an overall training program.</p>	<p>Known as “The Gentle Art,” Brazilian Jiu Jitsu is the celebrated self-defense method that also delivers a total body workout. It’s no wonder this authentic fitness regimen is constantly ranked as our #1 most popular program. Classes are structured into three distinct parts; 1) warm-up, 2) technique lesson, and 3) partner training/technique practice. We also provide an open mat class to reinforce and drill the moves that you learn at your own pace.</p>	<p>Juniko60 is 60 minutes of constant movement at moderate to high intensity. Goals in this class include maximum calorie burn via a variety of domains. These include body weight movements, kettle bells, and dumbbells. Class will begin with a dynamic warm-up, followed by a variety of circuits, and end with a cool down to stretch and repair your body. Get ready to sweat, have fun, and get one step closer to your personal fitness goals.</p>
Yoga Sculpt	Kids Brazilian Jiu Jitsu	Juniko Child Enrichment
<p>This class is a total body workout designed to sculpt every major muscle groups and blast calories by combining yoga postures and muscle conditioning exercises. This intense workout is the perfect compliment to your regular yoga practice. In class, Juniko instructors combine core work with strengthening, lengthening, and toning your body in all aspects of your yoga practice.</p>	<p>We’ve applied the fundamentals of Jiu Jitsu into a specially curated kids program that emphasizes both self-confidence and discipline, while fostering the growth of human character. Our smallest clients absorb this fun and friendly self-defense method, all while enjoying real-world physical fitness conditioning utilizing coordination, motor skills, agility and flexibility. Kids Jiu Jitsu will be an experience and critical foundation treasured for a lifetime.</p>	<p>The Juniko Child Enrichment program is a unique, developmental playtime for young children ages 1-4 years old. A blend of interactive group play along with age appropriate activities, children can expect to explore, discover, and learn in an engaging and safe environment. Our knowledgeable caregivers will aid in the growth and development of each child’s language, social, and cognitive skills.</p>
Aerial Yoga	Muay Thai Fitness	Kids Yoga - Inspire Kids Yoga
<p>Integrated yoga using the support and momentum of the “swinglike” silk hammocks. Members can achieve more length and depth with less strenuous effort, yet also challenging your core body strength. No prior experience is required to attend this class.</p>	<p>Muay Thai Fitness is not your typical cardio boxing class, it’s a program designed as a holistic solution to push you to your personal best. The martial arts style of Muay Thai blends with other body weight and cardiovascular exercises to improve strength, aerobic fitness, speed, flexibility, coordination and balance, A true full body knockout!</p>	<p>The main focus of the kids yoga program is to instill the strength and balancing aspects of yoga in a fun and interactive manner. These classes are lead by certified by yoga instructors whom also have education in working with children.</p>
Surfset Blend	<h3>Services & Amenities</h3> <p>“The Social” - A full service natural juice and smoothie bar experience. Relax and unwind at our unique table seatings. WIFI equipped & view of our wide screen HDTVs.</p> <p>Customized Spa Products - Lockers & Showers - Towel Services - Misc. Spa Products</p>	
<p>SURFSET workouts use the unique SURFSET Board, the world’s first total-body surf trainer designed to mimic the movement of a surfboard on water. The board allows you to build aerobic conditioning, burn fat, build lean muscle, and power, agility, ability and tone, all while offering core and balance training.</p>		