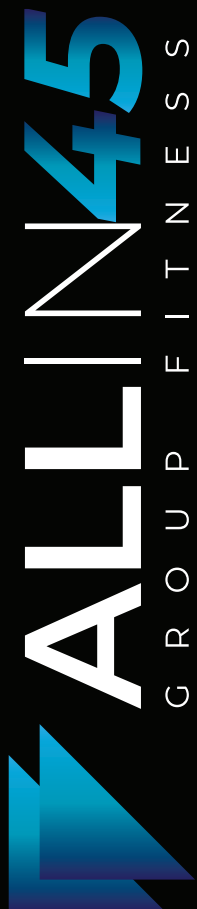


2024 Winter/Spring Fitness Schedule (effective January 2, 2024)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am BURN 45 (Paige)	6:15am BURN 45 (Paige)	6:15am BURN 45 (Paige)	6:15am BURN 45 (Paige)	6:15am BURN 45 (Erica)	
	7:30am* FAST & FIT (Tina)		7:30am* FAST & FIT (Tina)	7:30am* STRETCH EXPRESS (Erica)	
8:15am BURN 45 (Tina)	8:15am BURN 45 (Tina)	8:15am BURN 45 (Paige)	8:15am BURN 45 (Tina)	8:15am BURN 45 (Erica)	8:15am BURN 45 (Tina)
8:15am GYM FIT (Marisa)		8:15am GYM FIT (Marisa)			
9:15am CYCLE 45 (Tina)	9:15am BARBELL 45 (Melodie)	9:15am YOGA FLOW 45 (Ali)	9:15am CORE 45 (Tina)	9:15am YOGA FLOW 45 (Ali)	
	10:15am PILATES 45 (Melodie)	10:15am LIFT & SPIN 45 (Marisa)	10:15am SILVER & STRONG 45 (Marisa)		
5:30pm BURN 45 (Marisa)	5:30pm FAMILY FIT (Ages 5+, Erica)		5:30pm KIDS YOGA (Ages 5+, Winzer)		
	6:30pm STRETCH 45 (Erica)	6:30pm BURN 45 (Marisa)	6:30pm YOGA & WINE (Winzer)		

2024

*THIS IS A 30 MINUTE CLASS. ALL OTHER CLASSES ARE 45 MINUTES.

Fitness Staff:

Paige Miller, Director of Fitness, Certified Personal Trainer
Tina Hill, Certified Personal Trainer

p.miller@cliffdrysdale.com
 t.hill@cliffdrysdale.com



BARBELL 45

This class utilizes Barbells for a semi-choreographed full-body strength workout that will get you strong and lean!

BURN 45

This intense, Total Body Conditioning Program* uses body-weight and strength-based movements to turn your body into a muscle-building, fat-burning machine! Movement modifications can be made for men and women of all fitness levels.

CORE 45

This class is dedicated to two things that everyone needs more of: CARDIO and CORE! In this 45-minute class, we will mix the modalities to provide a unique, functional and enjoyable way to burn fat, improve heart health and strengthen and tone the core.

CYCLE 45

Join us for this intense sweat session on our Kaiser bikes! Get your heart pumping as your instructor uses the music to take you through various terrain. This class is for all levels and teaching styles vary by instructor!

FAMILY FIT (Ages 5+)

Ages 5-99 come on out to the Group Fitness Studio for this 45-minute class that is designed to be simple, basic exercises that are easy to learn and follow! The coach will focus on proper form and technique and teach participants how to exercise in a fun and safe way. From beginners to advanced athletes, this class can be scaled. Parents, please use your discretion and only bring children that are able to positively and safely participate without distracting the others.

FAST & FIT

This 30-minute, action-packed class will get your heart pumping and your body sweating! Learn to combine strength training and cardio drills to get the maximum output for your time. This class is for all levels!

GYM FIT 45

Meet this small group in the gym for circuit-style training on the weight machines. If you have been uncomfortable going solo in the gym, this is the perfect way to practice with guidance!

KIDS YOGA (Ages 5+)

This 45-minute class is set to music and will have your kids posing, breathing and laughing their way into learning how fun yoga can be!

LIFT & SPIN 45

In this class, you will spend half of the time on our Kaiser Cycles and the other half lifting weights. In this perfect split, you will incorporate cardio on the bike and strength work on the floor, getting a total body workout in under an hour!

PILATES 45

Join us for this Mat Pilates class to improve flexibility, muscle tone, body balance, spinal support and mind-body awareness. This class is for all levels. Please bring your own mat and towel.

SILVER & STRONG 45

This fun class is designed specifically for older adults! We incorporate low impact, easy to follow cardio movements with light strength work, core, mobility and flexibility.

STRETCH 45 / STRETCH EXPRESS

Your instructor will guide you through various stretches that will improve your mobility and flexibility for total body wellness. Please note that our Friday Express class will take place on court, weather permitting!

YOGA & WINE

Enjoy a pour as you mentally and physically gain strength, flexibility, relaxation and renewal of focus. Yoga is often a solitary activity, but wine brings it together!

YOGA FLOW 45

This class incorporates energetic, fluid movement through a series of asanas where postures are matched with breath, creating a sense of flow, strength, ease and tension release. This class is for all levels.

BURN 45

*This Program integrates all major muscle groups by having the following focus days throughout the week:

Monday:	Total Body BURN!
Tuesday:	Lower Body BURN!
Wednesday:	Bodyweight BURN!
Thursday:	Upper Body BURN!
Friday:	Total Body BURN!
Saturday:	Lower Body BURN!

- *48 Hour Advanced Booking for Premier Members
- *24 Hour Advanced Booking for General Members
- *2 Hour No Penalty cancellation window. Cancel within 2 hours of Class and you will be charged a \$10.00 Late Un-registration Fee*
- No Shows will be charged a \$12.00 No-Show Fee.

*The waitlist feature is now available on our app! As spots become available, the next person on the waitlist will be notified by email and has the opportunity to register for the class.

*We are implementing these new fees as we will have limited spots in our classes and want to allow others the opportunity to participate in our programming

*All Classes will be a 45-minute format followed by Sanitizing All Equipment used during the class.