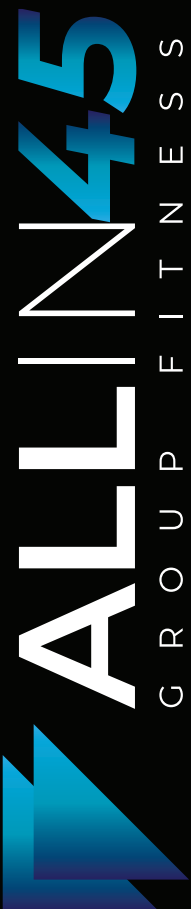


# 2022 Summer Fitness Schedule (effective 5/30-8/20)



| Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday  | Saturday   |
|--|---|--|--|---|--|
| <b>6:15am</b><br><b>BURN 45</b><br>(Paige)           |   | <b>6:15am</b><br><b>BURN 45</b><br>(Paige)     |  | <b>6:15am</b><br><b>BURN 45</b><br>(Erica)                          |  |
|  | <b>7:30am*</b><br><b>HIIT EXPRESS</b><br>(Tina)                     |  | <b>7:30am*</b><br><b>HIIT EXPRESS</b><br>(Tina)      |   |  |
| <b>8:15am</b><br><b>BURN 45</b><br>(Paige)           | <b>8:15am</b><br><b>BURN 45</b><br>(Tina)                           | <b>8:15am</b><br><b>BURN 45</b><br>(Paige)     | <b>8:15am</b><br><b>BURN 45</b><br>(Tina)            | <b>8:15am</b><br><b>BURN 45</b><br>(Erica)                          | <b>8:15am</b><br><b>BURN 45</b><br>(Tina)              |
| <b>9:15am</b><br><b>CARDIO KICKBOX 45</b><br>(Paige) | <b>9:15am</b><br><b>CYCLE 45</b><br>(Tina)                          | <b>9:15am</b><br><b>BURN 45</b><br>(Paige)     | <b>9:15am</b><br><b>CYCLE 45</b><br>(Tina)           | <b>9:15am</b><br><b>TABATA 45</b><br>(Erica)                        | <b>9:15am</b><br><b>LIGHT &amp; TIGHT 45</b><br>(Tina) |
| <b>10:15am</b><br><b>PILATES 45</b><br>(Melodie)     | <b>10:15am</b><br><b>LIGHT &amp; TIGHT 45</b><br>(Tina)             | <b>10:15am</b><br><b>YOGA FLOW 45</b><br>(Ali) | <b>10:15am</b><br><b>BARRE BLEND 45</b><br>(Jessica) | <b>10:15am</b><br><b>YOGA FLOW 45</b><br>(Ali)                      |  |
|  | <b>4:45pm*</b><br><b>KIDS MOVE &amp; GROOVE</b><br>(Ages 5+, Erica) |  |  | <b>10:15am*</b><br><b>KIDS STRONG 360° DECK</b><br>(Ages 8+, Erica) |  |
| <b>5:30pm</b><br><b>BURN 45</b><br>(Erica)           | <b>5:30pm</b><br><b>BURN 45</b><br>(Erica)                          | <b>5:30pm</b><br><b>CYCLE 45</b><br>(Shawn)    | <b>5:30pm</b><br><b>BURN 45</b><br>(Jessica)         |   |  |
|  | <b>6:30pm</b><br><b>STRONG 45</b><br>(Erica)                        |  | <b>6:30pm</b><br><b>YOGA &amp; WINE</b><br>(Jessica) |   |  |

2022

ALL CLASSES ARE 45 MINUTES UNLESS MARKED WITH (\*) WHICH ARE 30 MINUTES.

## Fitness Staff:

**Paige Miller**, Director of Fitness, Certified Personal Trainer  
**Jesse Ruiz**, Stretch Therapist, NeuFit Practitioner, Personal Trainer  
**Tina Hill**, Certified Personal Trainer

p.miller@cliffdrysedale.com  
 j.ruiz@cliffdrysedale.com  
 t.hill@cliffdrysedale.com



# CLASS DESCRIPTIONS

## BARRE BLEND 45

Plan to work hard in this 45-minute class that blends Barre, Pilates and Yoga movements in a format that will have your muscles burning and your heart pumping!



## 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.

## CARDIO KICKBOX 45

This advanced, choreographed, equipment-free class will have you punching and kicking your way to a strong, lean body and will have you feeling confident, tough, and ready to tackle the day! This class takes place in the Group Fitness Studio. No gloves are required.



## CYCLE 45

Join us in the All In 45 Cycle Studio 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!

## HIIT EXPRESS

This action-packed 30-minute high intensity interval training class will get you in and out and on with your day! Whether you are needing to pack in a workout before you head to the office or before the chaos of the kids schedules take over your day, this class will give you maximum output for your time.

## KIDS MOVE & GROOVE (Ages 5+)

This semi-choreographed class is set to music and will have your kids dancing, sweating and laughing their way into learning how fun fitness can be!

## KIDS STRONG (Ages 8+)

Bring your kids out to the 360 Deck for this fundamental strength training class that is designed specifically for kids! The coach will focus on proper form and technique and teach your child how to strength train the safe way. Please note: If the weather does not cooperate for the use of the 360 Deck, either due to rain or extreme temperatures, this class will take place in the Group Fitness Studio!

## LIGHT & TIGHT 45

This fun class begins with 15 minutes of low impact, easy to follow cardio movements followed with 15 minutes of light strength work and ends with 15 minutes of mobility and flexibility on the mat. If you are an older adult, new mom, recovering from an injury or simply looking for a less-strenuous workout, this class is for you!

## 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.

## STRONG 45

Join us on the 360 Deck for this fundamental strength training class that will focus on proper form and technique while challenging you to achieve your strength goals. Whether you are just starting to incorporate weight lifting or are a seasoned lifter, this class is a fit! Please note: If the weather does not cooperate for the use of the 360 Deck, either due to rain or extreme temperatures, this class will take place in the Group Fitness Studio!

## TABATA 45

Join us for this high intensity interval training class that uses a 20 seconds/work 10 seconds/rest split to have your heart pumping and your body fat melting! This class is an advanced cardio class with minimal use of weights.

## 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 is 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:

|                   |                         |
|-------------------|-------------------------|
| <b>Monday:</b>    | <b>Total Body BURN!</b> |
| <b>Tuesday:</b>   | <b>Lower Body BURN!</b> |
| <b>Wednesday:</b> | <b>Bodyweight BURN!</b> |
| <b>Thursday:</b>  | <b>Upper Body BURN!</b> |
| <b>Friday:</b>    | <b>Total Body BURN!</b> |
| <b>Saturday:</b>  | <b>Lower Body BURN!</b> |

## App Booking Etiquette:

- \*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.

\*Please keep a lookout for our #SafeFitness Protocol for Members around the club.

*Thank you for your patience and understanding during this time.*