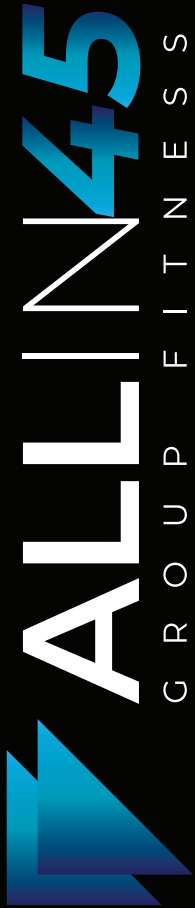


2022 Winter/Spring Fitness Schedule (effective 1/3/22-5/29/22)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am BURN 45 (Paige)		6:15am BURN 45 (Paige)		6:15am BURN 45 (Erica)	
	7:15am BURN 45 (Tina)		7:15am BURN 45 (Tina)		
8:15am BURN 45 (Paige)	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 CYCLE 45 (Tina)		8:15am CYCLE 45 (Tina)			
9:15am BURN 45 (Paige)	9:15am PILATES 45 (Melodie)	9:15am BURN 45 (Paige)	9:15am TABATA 45 (Tina)	9:15am LIGHT & TIGHT 45 (Erica)	9:15am BARRE BLEND 45 (Jessica)
	9:15am KICKBOX 45 (Tina)			9:15am KICKBOX 45 (Tina)	9:15am CYCLE 45 (Tina)
10:15am BARRE BLEND 45 (Jessica)	10:15am YOGA FLOW 45 (Ali)	10:15am LIGHT & TIGHT 45 (Tina/Paige)	10:15am YOGA FLOW 45 (Ali)		
4:30pm KIDS FIT (Ages 5+, Erica)			4:30pm PEE WEE YOGA (Ages 3-6, Jessica)		
5:30pm BURN 45 (Erica)	5:30pm BURN 45 (Paige)	5:30pm BURN 45 (Erica)	5:30pm BURN 45 (Jessica)		
6:30pm STRONG 45 (Erica)	6:30pm PILATES & PROSECCO (Jessica)	6:00pm CYCLE 45 (Shawn)	6:30pm YOGA & WINE (Jessica)		

2022

ALL CLASSES ARE 45 MINUTES

Fitness Staff:

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

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 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.

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!

KICKBOX 45

Join us in our outdoor Kickbox Cave for a fun class that will have you kicking and punching your way to a stronger you, both physically and mentally! No experience is necessary! Please bring gloves or wraps.

KID FIT (Ages 5+)

This class is for children of varied abilities and needs. The instructor will teach the children how to use physical fitness as a way to get our energy out, stay healthy and relieve stress!

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!

PEE WEE YOGA (Ages 3-6)

This class is for younger children of varied abilities and needs. The instructor will teach breathing techniques and guide the children through poses in a playful, fun, music-filled setting!

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.

PILATES & PROSECCO

Enjoy a glass of bubbly while participating in this low-impact class that emphasizes postural alignment, core strength and muscle balance.

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:

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

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.