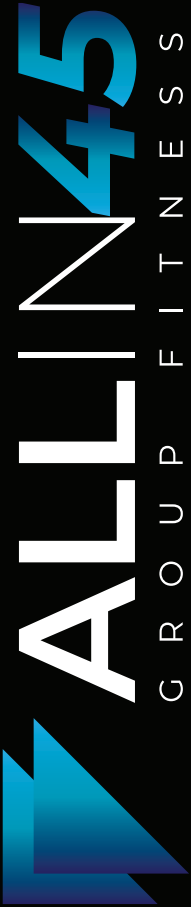


2024 Fall Fitness Schedule (effective August 19, 2024)



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)		
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 BURN 45 (Tina)	9:15am PILATES 45 (Melodie)	9:15am YOGA FLOW 45 (Ali)	9:15am CYCLE 45 (Tina)	9:15am YOGA FLOW 45 (Ali)	
10:15am STRONG 45 (Kait)		10:15am STRONG 45 (Marisa)			
5:30pm BURN 45 (Marisa)	5:30pm FAMILY FIT (Ages 5+, Erica)	5:30pm BURN 45 (Marisa)	5:30pm FAMILY FIT (Ages 5+, Winzer)		
	6:30pm STRETCH 45 (Erica)		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
Marisa Kosak, Certified Personal Trainer

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



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.

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!

CYCLE 45

Enjoy a ride on one of our Kaiser bikes as your instructor guides you though various terrain, all set to the beat of great music!

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!

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.

STRETCH 45

Your instructor will guide you through various stretches that will improve your mobility and flexibility for total body wellness.

STRONG 45

This class utilizes a variety of weights, such as barbells, dumbbells and kettlebells for a semi-choreographed full-body strength workout that will get you strong and lean in no time!

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.

- *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.