

Summer Fitness Schedule 2019 Effective 6/22/2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Group Met Con Mary	Group Met Con Mary		Group Met Con Mary Opening the Day Regina	Morning Stretch (8:25 AM) Mary		Morning Stretch (8:25 start time) Donna
9:00 AM	H.I.I.T. Mash Up Mary	Hard Core Mary	Interval Core Tone Donna	H.I.I.T Mash Up Mary	Interval Core Tone Donna	Walk in the Woods Plus Donna	Tai Chi/Qi Gong (9:00-9:40) John Tai Chi II (9:45 AM-10:25) John
10:00 AM	Pilates Mat Class Mary	Awareness Yoga 10:00-11:20 Barbara	Mat Pilates (10:00-11:20) Emily	The Basics of Alignment & Precision Regina	H.I.I.T. Mash Up Mary	Vinyasa Yoga (10:30-12:00) Heather	
11:00 AM	Hydro Power Mary	Hydro Power Katie	Pilates with Props (11:30-12:50) Emily	Yoga Gentle and Restorative (11:00-12:20) Regina Aqua Intervals Mary	Walk in the Woods Donna Aqua Intervals Katie		Pilates Allegro Semi- Private Donna
12:00 PM	Stretch & Rest Yoga (12:30-1:50) Maggie Mae	Therapeutic Yoga (12:00-1:20) Maggie Mae				Pilates for Tennis/Golf Donna	Therapeutic Medical QiGong RoseMary
1:00 PM		Stretch & Rest Yoga (1:30-2:50) Maggie Mae			Vinyasa Yoga Barb	Pilates Allegro Semi- Private Donna	
2:00 PM				Pilates Allegro Semi Private (2:30) Donna			Barre Donna P. 2-3:20
3:00 PM			Pilates Allegro-Semi Private Donna	Pilates for Tennis/Golf (3:30) Donna			
4:00 PM			Tai Chi/Qi Gong(4:00-4:40) Tai Chi II (4:45-5:25) John		Awareness Meditation Barbara	Chakra Balancing and Energy Healing RoseMary	
5:00 PM		Vinyasa Yoga Heather	Open Tai Chi 5:30-6:30 John	Ta-Butt-A 5:15-6:00 Mary			
6:00 PM							

*All Classes are 50 minutes unless otherwise noted.

Class level color key: **Green = Easy** **Blue = Moderate** **Black = Hard**



Aqua Intervals: Circuit training in the water! Get a great strength workout at a pace that is great for all levels of fitness. Come on in and splash your way to fitness!

Awareness Meditation: Every class will have some movement, education and guided instructional meditation, as well as traditional silent meditation. Bringing a journal for notes is encouraged.

Awareness Yoga: This class focuses on a traditional Shakti style yoga which is perfect for all levels. The emphasis of this class is to become aware of negative body/mind patterns and habits, releasing them and allowing the experience of more freedom and joy.

Barre: A total body workout using the ballet barre and mat. Focusing on balance, strength and postural alignment.

Chakra Balancing and Energy Healing-Group & individual work on balancing the chakras through guided visualizations. May include color infusion, sound or body movement to enhance, strengthen and balance the chakras. For those that wish, dowsing to assess the chakras will also be offered.

Gentle Yoga: Create an abundant time and space mindset as we practice: conscious breathing, meditation, stretching and strengthening. This sequence of poses will help remove stagnation from your mind/body.

Group Met Con: The class uses heavier weights in a 20 minute block. A 5 minute burn out will keep the correct mixture of hormones surging. The class begins and ends with a 5 minute warm up and cool down. Metabolic conditioning is the way to BURN FAT! Please note this class meets in the Strength Studio.

Hard Core: An abdominal and lower back training class taught in an endurance style, you will make your midsection stronger using a variety of exercises and props. Very fast paced class, but all levels are welcome and you will increase your core strength.

H.I.I.T. Mash-Up: High Intensity Interval Training (H.I.I.T.) is a proven way to burn fat. The mash-up is an anything goes cardio, weight training and core session.

Hydro-Power: A challenging water class utilizing intervals and circuit techniques for a full body workout.

Interval Core Tone: A fast-paced interval style class using weights, bands, balls and body weight exercises for a full-body workout.

Medical Qigong- This form of Medical Qigong combines breath work, self massage to activate the meridians, slow deliberate methodical body movements and stretching. It can quiet the mind, promote the flow of energy and increase circulation and Qi, harmonizing the systems of the body.

Morning Stretch: A gentle rhythmic stretch that improves circulation and flexibility for the whole body.

Open Tai Chi-For beginners wanting to get introduction and exposure to Tai Chi practice and for already practicing beginner or advanced students wanting to improve their Tai Chi skills and proficiency.

Opening the Day: Yawn open the physical, the subtle supported by breath and kind attention.

Pilates Allegro Class Semi Private: In this class, students will work at a 5:1 student teacher ratio learning the essentials of the Pilates machine. The class will strengthen the abdominals, back, legs and arms. Class limited to 5 people per class. Please sign up in advance at the Spa Desk to reserve your machine.

Pilates for Tennis/Golf: Classic Pilates mat exercises mixed with athletic exercises to help with mobility, twisting and upper body strength.

Pilates Mat Class: Exercises are done consecutively to give the body a challenge of breathing and coordinating the abdominal muscles for a fit, toned core.

Pilates with Props: A mat Pilates-based class with small props such as hand weights and bands to promote strength and conditioning.

Stretch & Rest Yoga: A gentle class starting with a few minutes of stretching to get the body to warm and limber followed by a series of restorative poses using props to fully support the body and create a sense of ease and deep rest.

Ta-Butt-A: Tabbata style cardio bursts (20 seconds work-10 second rest) combined with leg specific strengthening exercises. Hi Fat Burn!!!

T'ai Chi 1/Chi Kung: A gentle, holistic Asian movement exercise. This series of movements develops and enhances health, energy, relaxation and well-being (40 mins.)

T'ai Chi II: Immediately follows T'ai Chi 1-Experienced T'ai Chi students are encouraged to stay to learn and practice more advanced movements. (40 mins.)

The Basics of Alignment and Precision: Modified postures accommodate the body's capabilities and enhance the flow of subtle energies.

Therapeutic Yoga: This class starts with both breath and body awareness exercises before moving through a gentle flow of postures and ends with guided meditation. No experience is required but an open mind is good!

Vinyasa Flow: Creates long and lean muscles, balances joints and focuses the mind. Great for active people. All abilities are welcome!

Walk in the Woods-An outdoor walk on the Topnotch Fit Trail and around the resort property. It finishes with a stretch. Please wear appropriate footwear!

Walk in the Woods PLUS-An outdoor class on the Topnotch Fit Trail, incorporating 6 bench stations for bodyweight exercises.

Yoga: Gentle and Restorative: Gentle movements shed tension and prepare for soothing, supportive stillness.

Proper footwear is required for all activities. Classes and activities are for the ages of 16 and older.

The indoor pool is closed during the aqua classes 11:00-12:00.

Prices: Pilates Allegro \$25. Tai Chi I and II \$10 each (\$15 for two concurrent). All other classes \$15.

Save on Personal Training: Purchase a 10 package series for \$600 + tax. (Sessions regularly \$75 each)

Call Topnotch Spa Desk for information-802-253-6463