



IGNITE SCHEDULE

February 2024

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|-------------------------------|------------------------------------|--|---------------------------------------|----------|
| 5:15 am | | | | Fall/Winter Sports Prep (Jenelle) | | |
| 8:15 am | | | Circuits Express! (45 Min—Jenelle) | | Core & MORE! Express (45 Min—Jenelle) | |
| 9:00am | Weights for Weight Loss (Jenelle) Pilates Reformer (Linda) | | | Weights for Weight Loss (Jenelle) | | |
| 10:00am | | | | | | |
| | | | | | | |
| 5:30pm | | NEW Winter Incline Prep (Kip) | Pilates Reformer (Inger) | NEW Off Season Functional Training (Kip) | | |
| 7:00pm | | | | | | |

All class are 55 minutes unless otherwise noted. Class and Personal Trainer subject to change check the app for the most up to date information.

All Pilates Reformer Classes are held in the Upstairs Pilates Reformer Room

All classes are held in the **IGNITE ZONE**

IGNITE CLASS DESCRIPTIONS

Ignite Room Classes

****NEW** Off Season Functional Training:** Off Season Functional Training: Learn how to use the gym to prepare for and improve at your Favorite Activities!!

****NEW** Winter Incline Sports Prep** Winter Incline Prep: Come learn functional fitness work that can be done in the gym to prepare for the Incline, or improve your time in many sports!!

Outdoor Prep: Be ready for anything outside this Fall or Winter! Tackle tough hikes, sail down the slopes and feel strong as we focus on cardiovascular endurance, leg strength, lateral movements, injury prevention, core stability and upper body toughness!

Weights for Weight Loss: Want to gain strength, boost metabolism, and lose serious inches? Join us once or twice a week to learn how to lift heavy weights safely and how to lose body fat weight while increasing lean mass.

Circuits Express—45 Min: By combining resistance training with cardio and along with balance and core work, you will gain confidence in your ability to maintain mobility and strength for the future as we work through a circuit of full-body exercises

Core & More—45 Min: This group is designed to help you build core muscles while improving posture through performing a variety of exercises to strengthen the abdomen, obliques and back muscles followed by strengthen-

Pilates Reformer Classes

Essential Reformer: Essential Reformer is meant for those who have little to no experience in Pilates Reformer. The fundamentals are taught with room for individual variations. Pilates is based on lengthening muscles against resistance.

Intermediate Reformer: Intermediate Reformer is for those with some experience in Pilates or other disciplines which challenge balance and core stability. Intermediate Reformer is unlike any other typical workout!

Pilates Reformer: Done on a Stott reformer unit, this class has both Essential and Intermediate options to allow for progression in movements. The movements taught in this class will aid in spinal mobility, flexibility, stabilization and strength.

Multi Level Pilates Reformer: A multi level Pilates reformer class using the Stott reformer and other Pilates apparatus. Class is taught in the Classical Style adhering to the Session Format, but modifying movements for beginner to intermediate students. The class flows adding transitions as part of the exercise creating a movement system that includes all six Pilates principles: Concentration, Centering, Breathing, Precision and Flowing movement.

All class are 55 minutes unless otherwise noted. Class and Personal Trainer subject to change check the app for the most up to date information.

All Pilates Reformer Classes are held in the Upstairs Pilates Reformer Room

All classes are held in the **IGNITE ZONE**