




GROUP FITNESS CLASSES


FALL SCHEDULE: SEPTEMBER 7 - DECEMBER 11, 2021


IN-PERSON, VIRTUAL & HYBRID OPTIONS


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00 - 8:45am Power 45 Virtual Only Brigitte
9:15 - 10:00am Body Burn Hybrid Caroline	9:15 - 10:00am Step & Pump In Person Only Delores		9:15 - 10:00am Mpowered Hybrid Melissa	9:15 - 10:15am Yoga In Person Only Delores	
12:10 - 12:55pm Yoga Hybrid Melissa	12:10 - 12:55pm Barre Fitness Hybrid Melissa	12:10 - 12:55pm Yoga Hybrid Hayley	12:10 - 12:55pm Total Body 45 Virtual Only  Brigitte	12:10 - 12:55pm Barre Fitness Hybrid Melissa	
5:15 - 6:00pm Power 45 Virtual Only  Brigitte	5:15 - 5:45pm Tabata Fit TBA TBA	5:15 - 6:00pm Body Burn Hybrid Caroline	5:15 - 5:45pm Tabata Fit TBA TBA		
	7:15 - 8:15pm Yoga Hybrid Terri	6:30 - 7:00pm HIIT Box Begins Sept. 15 Hybrid Melissa	7:15 - 8:15pm Yoga Hybrid Michelle		

FITNESS CLASS OFFERINGS

 WHITE indicates:
Hybrid class with virtual and in-person options

 BLUE indicates:
In Person Only class

 GREEN indicates:
Virtual Only class

 Participants may book a space in our studio to do the class with a virtual instructor

BARRE FITNESS: A unique class combining ballet-inspired moves with elements of Pilates, dance, yoga & strength training. Classes incorporate standing & mat work using classic dance moves and static stretches. Barre also focuses on high reps of small range movements. Done in bare feet using a chair & minimal equipment. For all skill levels.

BODY BURN: This total body endurance training class will focus on toning your muscles and raising your heart rate to burn calories. With a combination of motivating music, energetic instruction & simple body weight/resistance band exercises you will LOVE how you feel when class is done.

HIIT BOX : Are you looking for a quick & effective total body workout that strengthens the body, mind AND spirit? In this 30 minute class you'll get awesome cardio, strength & endurance challenges in manageable intervals for all levels to feel successful.

MPOWERED: LOW impact. HIGH intensity! This MOUNT signature workout is the perfect way to build bodies, not break them. Using minimal equipment, you will do both strength and cardio intervals for a class experience like NO OTHER! Spark your metabolism and burn calories like a pro.

POWER 45 - Combining full-body strength training moves with high intensity cardio bursts designed to tone muscles, improve your endurance and enhance your overall well-being. Burn more fat/calories in less time! Suitable for all age-groups.

STEP'N PUMP: Rock your cardio and challenge your brain with basic step aerobics. Then target muscle strength and endurance with safe & effective weight training. Use of dumbbells, stability balls & other resistance tools will make this feel like a total body challenge!

TOTAL BODY 45 - A high intensity interval training (HIIT) class, alternating between short periods of strength and cardio exercises. This class works the whole body and is exciting, fun and quick to do. Increase your fitness level, build lean muscle, burn calories, and increase energy.

TABATA FIT - Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals. Not recommended for beginners.

YOGA - A must-do class that combines different Yoga styles and will improve your strength, flexibility, balance and peace of mind. The perfect break in your day to leave you calm and refreshed. Suitable for all levels.