



# TIH WELLNESS CLASS SCHEDULE

## MONDAY

6:00 - 7:00am	SWIM FIT	blue swim
9:00 - 9:50am	TRX FLEX	ashley matejka
6:00 - 7:30pm	IYENGAR YOGA*	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING**	macfit360

## TUESDAY

8:00 - 8:50am	ANTIGRAVITY***	meghan gill
9:00 - 10:00am	IYENGAR YOGA	mychal bryan
5:30 - 6:15pm	HIIT CARDIO	ashley matejka
6:30 - 7:30pm	YIN YOGA	jeanne hall

## WEDNESDAY

6:00 - 7:00am	SWIM FIT	blue swim
9:00 - 9:50am	TRX FLEX	ashley matejka
6:00 - 7:30pm	IYENGAR YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING**	macfit360

## THURSDAY

8:00 - 8:50am	BARRE	britni knowles
9:00 - 10:00am	IYENGAR YOGA	mychal bryan
5:30 - 6:15pm	HIIT CARDIO*	ashley matejka
6:30 - 7:15pm	YOGA NIDRA	ashley matejka

## FRIDAY

9:00 - 10:00am	VINYASA FLOW	jeanne hall
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## SATURDAY

9:30 - 11:00am	IYENGAR YOGA	mychal bryan
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## SUNDAY

9:30 - 10:30am	YIN YOGA	peggy stroud
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\*Open to members, guests & staff

\*\*takes place in gym

\*\*\*must wear sleeves



# TIH WELLNESS CLASS DESCRIPTIONS

## ANTIGRAVITY

Antigravity is a comprehensive technique on suspended hammocks intended to decompress the spine and align the body from head to toe while stretching and strengthening the muscles.

## BARRE

Barre strengthens the entire body through small, controlled movements, isometric holds, and high repetition sets using light weights, resistance bands, pilates balls, and of course the barre.

## HIIT CARDIO

HIIT (high intensity interval training) Cardio is a training technique in which you give all-out effort through quick, intense bursts of exercise, followed by short, sometimes active recovery.

## IYENGAR YOGA

Iyengar Yoga emphasizes correct postural alignment to both challenge and heal the body while also concentrating the mind.

## STRENGTH & CONDITIONING

Strength & Conditioning combines weightlifting with athletic strength and conditioning to maximize your physical performance.

## SWIM FIT

Swim Fit improves stroke technique, strength and endurance through organized swimming workouts.

## TRX FLEX

TRX Flex incorporates the TRX Suspension Trainer in workouts designed to increase strength, endurance, coordination, power, and stability.

## VINYASA FLOW

Vinyasa Flow synchronizes movement with breath to create a sequence that gets you out of your head and into your body.

## YIN YOGA

Yin Yoga invites you to slow down and create space for stillness while nourishing your joints, ligaments, tendons, and fascia by holding poses for 3-5 minutes.

## YOGA NIDRA

Yoga Nidra guides you through a detailed sleep based meditation that will allow your mind and body to slip into a deep state of relaxation.