

GROUP FITNESS SCHEDULE

BOAR'S HEAD SPORTS CLUB // AUGUST 2017 // INQUIRIES 434.972.7454

Studio 1 :: Cardio & Strength

MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 - 7:55 A.M. Insanity® <i>Micah</i>	7:00 - 7:55 A.M. Total Body Fitness Lite <i>Lisa</i>	8:00 - 8:55 A.M. Total Body Fitness <i>Hallie</i>	8:30 - 9:10 A.M. Athletic Step Express <i>Suzanne</i>	7:00 - 7:55 A.M. Total Body Fitness Lite <i>Lisa</i>	9:15 - 10:00 A.M. Athletic Step Express <i>Rotation</i>	
8:00 - 8:55 A.M. Step & Strength <i>Hallie</i>	8:30 - 9:10 A.M. Athletic Step Express <i>Suzanne</i>	10:30 - 11:25 A.M. B-Fit <i>Suzanne</i>	9:20 - 10:20 A.M. Power Pump <i>Jaime</i>	8:00 - 8:55 A.M. Intervals Lite <i>Hallie</i>	10:05 - 10:50 A.M. EPOC/Pump Express <i>Rotation</i>	
9:00 - 9:55 A.M. Zumba® <i>Rachel</i>	9:20 - 10:20 A.M. Power Pump <i>Jaime</i>		5:00 - 5:55 P.M. Insanity® <i>Micah</i>	10:30 - 11:25 A.M. Intervals Lite <i>Cara</i>	11:30 - 12:30 P.M. Insanity® <i>Micah</i>	
10:30 - 11:25 A.M. Stretch & Strength <i>Micah</i>	5:00 - 5:55 P.M. Insanity® <i>Micah</i>					

Studio 2 :: Cycle

MON	TUES	WED	THURS	FRI	SAT	SUN
9:15 - 10:00 A.M. Cycle <i>Gayle/ Lisa</i>		9:15 - 10:15 A.M. Cycle 'n Circuits <i>Tori</i>	5:30 - 6:15 P.M. Cycle <i>Jaime</i>	9:15 - 10:15 A.M. Cycle 'n Core <i>Tori</i>	9:00 - 10:00 A.M. Cycle <i>Rotation</i>	

Studio 3 :: Yoga & Pilates

MON	TUES	WED	THURS	FRI	SAT	SUN
9:00 - 10:15 A.M. Vinyasa Yoga <i>Tracey</i>	9:00 - 10:00 A.M. Beginner Yoga Level 2 <i>Ra</i>	8:00 - 8:50 A.M. Mat Pilates <i>Alexis</i>	9:00 - 10:00 A.M. Beginner Yoga Level 1 <i>Susan</i>	9:00 - 10:00 A.M. Vinyasa Yoga <i>Tracey</i>	10:00 - 11:00 A.M. Power Yoga <i>Lauren</i>	3:00 - 4:15 P.M. Vinyasa Yoga <i>Jennifer</i>
12:00 - 1:00 P.M. Vinyasa Yoga <i>Shannon</i>		9:00 - 10:15 A.M. Vinyasa Yoga <i>Tracey</i>	6:00 - 7:15 P.M. Multi-Level Yoga <i>Ra</i>			
5:30 - 6:30 P.M. Power Vinyasa Yoga <i>Bridget</i>		5:30 - 6:30 P.M. Multi-Level Yoga <i>Sarah</i>				

Pool :: H2O

MON	TUES	WED	THURS	FRI	SAT	SUN
12:15 - 1:00 P.M. H2O Athletic Conditioning <i>Tori</i>	8:00 - 8:55 A.M. Shallow H2O <i>Hallie</i>		8:00 - 8:55 A.M. Shallow H2O <i>Hallie</i>	12:15 - 1:00 P.M. H2O Athletic Conditioning <i>Cara</i>	9:00 - 9:55 A.M. Deep H2O <i>Hallie</i>	



CLASS DESCRIPTIONS

Cardio

Athletic Step Express is a 40 minute challenging cardiovascular class which delivers high intensity results with minimal-to-no choreography. *Intermediate - Advanced*

Zumba® is a high-energy cardiovascular class that combines easy-to-follow dance and body sculpting movements set to a blend of Latin and Pop- inspired music. *Beginner - Intermediate*

Cardio & Strength

B-Fit utilizes Balls, Bands, and Balance! Use a fitness ball to challenge your cardio levels, bands to strengthen your core, and Yoga and T'ai Chi to improve your balance. *Beginner - Intermediate.*

Cycle 'n Circuits begins with a 20-30 minute cycle workout, followed by a variety of strength and agility circuits, and ending with core exercises and stretching. *Beginner - Intermediate*

Cycle 'n Core begins with a challenging 30 minute cycle workout, followed by a core circuit and stretching. *Beginner - Intermediate*

EPOC promotes the physiological effect known as Excess Post-exercise Oxygen Consumption. This class will combine high intensity intervals of both cardio and strength training that will leave your body burning calories long after you've finished the workout. *Intermediate - Advanced*

InSaniTy (aka H.I.IT.) The concept behind this class involves alternating longer bouts of high-intensity exercise followed by short periods of rest for an efficient and effective workout. *Intermediate - Advanced*

Intervals Lite is designed for beginner and senior exercisers. This class begins with a warmup followed by a combination of low-impact cardio, strength, and balance exercises while keeping the heart rate elevated.

Step & Strength combines step for a fun, cardiovascular workout followed by strength training for total body fitness. No matter which you choose, expect an intense, fun workout! *Beginner - Intermediate*

Strength

Power Pump is a challenging weight training class. This class is designed to work largest to smallest muscle groups for a full body strength workout. *Beginner - Advanced*

Strengthen is a 45 min strength class designed to increase muscular tone and endurance in all major muscle groups. This class utilizes a variety of equipment and exercises to challenge your limits! *Intermediate - Advanced*

Stretch n' Strength uses floor mats to stretch, resistance straps and weights to keep the bones strong. Balancing exercise also increases coordination and confidence. *Senior Beginner - Intermediate*

Total Body Fitness begins with a low impact warm-up, followed by both upper and lower body strength exercises, balance training, functional movement and core stabilization. It ends with ab work and a cool down. *Beginner*

Mind & Body

Beginner Yoga Level 1 offers an un intimidating environment and welcomes those new to Yoga or interested in a slower-paced practice. Learn the basic principles of Hatha Yoga with a focus on asanas (postures), achieving alignment through use of props when necessary, and working with breath. *Beginner*

Beginner Yoga Level 2 is for recommended for those who have attended the Level 1 class and wish to deepen their practice. Greater attention is given to alignment and structure as class builds upon Level One asanas with additional postures. Focus is on basic seated and standing postures, twists, and linking breath. *Beginner*

Mat Pilates welcomes newcomers to join after a one-on-one session has been completed. This class incorporates biomechanical body awareness and focuses on strengthening the abdominals and back. (Please call 434-972-7454 to schedule an appointment and discuss any preexisting conditions. Fees apply). *Beginner - Advanced*

Multi-Level Yoga is a class designed for all levels of yoga participants. It offers training in strength, stamina, flexibility, balance and coordination. *Beginner - Advanced*

Power Vinyasa Yoga flows from one posture (asana) to the next while the breath keeps rhythm. This class involves a more vigorous style that uses power while maintaining alignment and focus on the cardiovascular system and muscular strength. *Intermediate - Advanced*

Vinyasa Yoga flows from one posture (asana) to the next while the breath keeps rhythm. Focus is on maintaining alignment, strength, balance, and achieving a mind-body connection. *Intermediate - Advanced*

Cycle

Cycle is a 40 - 60 minute, purely cardiovascular, non-impact, athletic training class utilizing a stationary bike and a variety of music. It is designed to mirror a road bike experience. *Beginner - Advanced*

H2O

Deep H2O increases cardiovascular endurance and speed while protecting joints, utilizes deep water for resistance, and will challenge your fitness level. *Intermediate-Advanced*

H2O Athletic Conditioning offers a variety of cardiovascular and strength exercise, integrating sports, drills, core conditionings and flexibility training in the lap pool. *Intermediate-Advanced*

Shallow H2O will keep you moving with a variety of aqua drills and strength exercises. Use water barbells to gain strength and noodles for range of motion exercise. *Beginner-Intermediate*

weather

For inclement weather, please call 434-244-2421 for class cancelations. If thundering or lightning 30 minutes prior to a scheduled class, water classes will be canceled. For all other class times, please call the number above for cancelation updates.

BOAR'S HEAD SPORTS CLUB
BOARSHEADINN.COM // FITNESS 434.972.7454

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