

MAY 2021 GROUP EXERCISE

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>7:30am</i>	Circuit with Raecene 45 Minutes (Studio/Back Patio)	Cycle with Elyse 45 Minutes (Studio/Back Patio)	Circuit with Raecene 45 Minutes (Studio/Back Patio)	Cycle with Andee 45 Minutes (Studio/Back Patio)	Circuit with Raecene 45 Minutes (Studio/Back Patio)	Cycle with Raven 45 Minutes (Studio/Back Patio)	No group exercise classes on Sundays
<i>8:30am</i>	Cardio Tone & Sculpt with Elyse 45 Minutes (Studio/Back Patio)	Barre Fusion with Elyse 45 Minutes (Studio/Back Patio)	Cycle & Circuit with Andee 45 Minutes (Studio/Back Patio)	Yogalates with Andee 45 Minutes (Studio/Back Patio)	Step & Circuit with Andee 45 Minutes (Studio/Back Patio)	Tai Chi with Shane 60 Minutes (Studio/Back Patio)	Pool Closed Hot Tub Open
<i>9:30am</i>	Yoga Flow with Amber 60 Minutes (Studio/Back Patio)	Restorative Yoga with Elyse 60 Minutes (Studio/Back Patio)	Yoga Flow with Amber 60 Minutes (Studio/Back Patio)	Tai Chi with Shane 60 Minutes (Studio/Back Patio)		Power Walk with Raecene 45 Minutes (On Property)	
<i>10:30am</i>	Yoga Flow with Amber 60 Minutes (Studio/Back Patio)	Body in Motion with Raecene 45 Minutes (Studio/Back Patio)	Yoga Flow with Amber 60 Minutes (Studio/Back Patio)	Body in Motion with Raecene 45 Minutes (Studio/Back Patio)			

*See the above schedule for location of classes. Please honor social distancing guidelines.
There is a two (2) person minimum needed to hold a class.*



TALKING ROCK™
PRESCOTT

GROUP EXERCISE CLASS DESCRIPTIONS

BARRE FUSION: Core strength, balance, posture and flexibility are the focus of this class. Designed for any fitness level it includes a fusion of different exercises to isolate the inner muscle groups, strengthen the core and increase ROM and flexibility.

BODY IN MOTION: Improve your quality of everyday life. Focus will be on improving balance, flexibility, stability and mobility. Joint range of motion, movement restriction and control of joint movement will be emphasized.

CARDIO TONE & SCULPT: Tone, sculpt and strengthen the entire body with a combination of weights, bands, balls and more!

CIRCUIT: This class will focus on total body strength and cardio training. You will strengthen and shape the large muscle groups of your body and increase your endurance with the use of your own body weight, dumbbells, bands, balls, and more.

CYCLE: Each participant has their own stationary bike and the Instructor leads you on a different 45-minute adventure every time. Burn fat and increase your endurance in this fun, music driven class.

POWER WALK: This class will get your heart pumping with a fast-paced power walk around our beautiful community.

RESTORATIVE YOGA: A restorative yoga sequence typically involves only five or six poses that allow you to completely relax and rest. The poses are typically held for about 3 - 5 minutes or more and include light twists, seated forward folds and gentle backbends.

TAI CHI: Improve balance, coordination, stability, strength, awareness, confidence and mental focus through breathing, postures, low impact movements, relaxation and energy flow to improve overall quality of life no matter what your age.

YOGA FLOW: In this class you will be flowing through various yoga poses, stretches and breathing techniques focused on improving balance, flexibility, core strength and total body relaxation.

YOGALATES: A blend of Mat Pilates and Yoga Flow that will strengthen the core while toning the entire body and improving balance, flexibility, ROM and total body relaxation.