

OCTOBER 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 Andee 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>	Body Tone & Sculpt with Judie (Studio/Back Patio)	Barre Fusion with Rachel 45 Minutes (Studio/Back Patio)	Cycle with Andee 45 Minutes (Studio/Back Patio)	Yogalates with Andee 45 Minutes (Studio/Back Patio)	Cycle with Raven 45 Minutes (Studio/Back Patio)	Tai Chi with Shane 60 Minutes (Studio/Back Patio)	Pool and Hot Tub Open
<i>9:30am</i>	Yoga Flow with Amber 60 Minutes (Studio/Back Patio)	Mat Pilates with Rachel 60 Minutes (Studio/Back Patio)	Yoga Flow with Amber 60 Minutes (Studio/Back Patio)	Tai Chi with Shane 60 Minutes (Studio/Back Patio)		Community Walk with Raecene	
<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)	Water Aerobics with Raven 45 Minutes (Pool)		
	Water Aerobics with Raecene 45 Minutes (Pool)		Water Aerobics with Raecene 45 Minutes (Pool)				
<i>4:00pm</i>	Yoga Fore Golf with Barbara						

*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: This class targets the smaller muscle groups and helps to increase core strength, balance, posture and flexibility and ROM.

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.

BODY TONE & SCULPT: A total body strength training workout using light to medium weights designed to tone and sculpt the entire body.

CIRCUIT: This class will focus on increasing strength and endurance with the use of your own body weight, dumbbells, bands, balls, and more.

CYCLE: Grab a spin bike and get ready to sweat through a different 45-minute adventure every time! You will burn fat and increase strength and endurance.

MAT PILATES: This is a class designed to help you stretch using strength and control. The primary focus is strengthening and lengthening your core while also training your arms and legs. Pilates will help improve your strength, posture, balance, flexibility, and stability.

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.

WATER AEROBICS: This is a beneficial all-over workout with a lower risk of injury. It includes resistance training using different types of pool equipment and cardiovascular training in a safe and fun environment.

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.