



THE SPA AT TRUMP® FITNESS CLUB

Group Exercise Schedule for September 2019

MONDAY

6:00 am - 7:00 am: **Awakening Yoga** Studio 2 (*Karen*)
7:00 am - 8:00 am: **Swim Training Pool** (*Erwin*)
8:00 am - 9:00 am: **Vinyasa Flow** Studio 2 (*Karen*)
12:00 pm - 1:00 pm: **FUNctional FITness** (*Jeremy*)
5:30pm - 6:30 pm: **Pilates Mat** Studio 2 (*Stephanie*)
6:30pm - 7:30pm: **HIIT** Studio 2 (*Jeffrey*)

TUESDAY

7:00 am - 7:45 am: **TRX Fit** Studio 2 (*Karen*)
8:00 am - 9:00 am: **Myofascial Release & Recovery** Studio 2 (*Claire*)
12:00 pm - 1:00 pm: **HIIT** Studio 2 (*Chelsea*)
5:30 pm - 6:30 pm: **Vinyasa Flow** Studio 2 (*Anna*)

WEDNESDAY

6:00 am - 7:00 am: **Awakening Yoga** Studio 2 (*Cleo*)
7:00 am - 8:00 am: **Swim Training Pool** (*Erwin*)
8:00 am - 9:00 am: **Pilates Mat** Studio 2 (*Stephanie*)
12:00 pm - 1:00 pm: **FUNtional FITness** (*Jeremy*)
5:30 pm - 6:30 pm: **Hatha Yoga** Studio 2 (*Kristin*)

THURSDAY

7:00am - 7:45am: **Kettlebell Strength** Studio 2 (*Kristin*)
8:00 am - 9:00 am: **Vinyasa Flow** Studio 2 (*Adeoye*)
12:00 pm - 1:00 pm: **HIIT** Studio 2 (*Jeffrey*)
5:30 pm - 6:30 pm: **Candle Light Yoga** Studio 2 (*Karen*)

FRIDAY

6:00 am - 7:00 am: **Awakening Yoga** Studio 2 (*Cleo*)
7:00 am - 8:00 am: **Swim Training Pool** (*Justin*)
8:00 am - 9:00 am: **Pilate Mat** Studio 2 (*Adeoye*)
12:00 pm - 1:00 pm: **HIIT** Studio 2 (*Chelsea*)

SATURDAY

9:00 am - 10:00 am: **HIIT** Studio 2 (*Jeffrey*)
10:00 am - 11:00 am: **Activate and Stretch** Studio 2 (*Jeremy*)
11:00 am - 12:00 pm: **Vinyasa Flow** Studio 2 (*Adeoye*)

SUNDAY

9:00 am - 10:00 pm: **Awakening Yoga** (*Karen*)
10:00 am - 11:00 am: **HIIT** Studio 2 (*Jeffrey*)
11:00 am - 12:00 pm: **Vinyasa Flow** Studio 2 (*Cleo*)

**30 MINUTE CLASSES-\$15 60 MINUTE CLASSES-\$30 CLASSES ARE SUBJECT TO CHANGE
SPA MEMBERS-COMPLIMENTARY RESIDENT-GROUP EXERCISE PACKAGE**



THE SPA AT TRUMP®

FITNESS CLUB

Activate and Stretch - Chest up, Shoulders Back, Core Tight and Breath through exercises, movements and stretches to loosen, recovery and work on your core and flexibility. All levels are welcomed.

Awakening Yoga - Start your morning with a progressive yoga class designed to awaken the body and prepare you for your day. Center yourself through breath work before moving into pratapana. Pratapana incorporates spine warming movements linked to breathe to prepare you for deeper postures. The class will progress into standing poses to target the whole body. An emphasis on building from the ground up and core engagement will build stability and strength. A vinyasa flow inspired class that seamlessly winds down into juicy stretches and a well-deserved savasana.

FUNctional FITness - Get ready for a total body fitness experience to compliment and develop the body and mind for real life activities and personal bests. Your balance, core, strength and endurance will be challenge to get you ready for your next trip, race, game, event or being better at Life. All levels are welcomed.

Hatha Yoga - Hatha is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. This class will focus on holding postures in your body's ideal alignment for longer periods of time. You can unlock the full healing potential of the poses instead of visiting them briefly thus and train your strength, breath, balance, and focus in a more potent way. Appropriate for all levels. Every class will begin with breathing and end with meditation. Enjoy a refreshing change of pace that will leave you replenished.

HIIT (High Intensity Interval Training) - There is literally not a minute to waste in this head to toe fitness workout. With every second that tick by, you'll be jumping, pumping, pushing, and crunching your way to a fitter you. Are you up for the challenge and crush your workout?

Kettlebell Strength - Feel burnt out from your usual cardio? Lacking energy? Don't want to build too much muscle lifting heavyweights? Research is starting to find that a combination of weight training and

high-intensity cardio puts our bodies in fat-melting mode while also adding healthy muscle tone which can be accomplished using kettlebell exercises. This is perfect for beginners and those familiar with tossing around some iron. Using an appropriate weight for each student we'll utilize kettlebells to achieve added mobility, bone density, cardio, all in a nice short circuit class. Stick with this class and gain confidence in swings, snatches, carries, cleans, weighted lunges, Turkish getups, etc...). Build strength to live your best life.

Myofascial Release and Recover - This class is dedicated to assist with myofascial/tight muscle release using foam rolls, lacrosse balls, and stretching bands. Enjoy a deep stretch, and feel looser and relax after the class. Hurts so good!

Pilates Mat - This class will focus on bringing functional movement to the body and building a deep mind body connection. The class starts with pre pilates work- warming up the whole body from the abdominals, and finishing it off with pilates mat to bring symmetry and strength to the body as a whole.

Swim Training-Performance & Conditioning - Nothing like getting an awesome workout on a Friday morning to start the weekend! This class is all about the development of strokes and challenge racing against the clock. This workout is great for those who have a swimming background and would like to get more yards in through the week and build on endurance.

TRX Fit - Burn, bend, lengthen and strengthen using your own bodyweight with suspension training with the TRX.

Vinyasa Flow - Step onto your mat with confidence in a class designed with options suited for every level. Take a rest in child's pose or explore an arm balance. This all levels breathe to movement class lets you move at your own pace while offering room for growth and possibility. Show up ready to set your to do list aside and embrace what your body needs. Each class will be a full body flow with a different focus woven in each week. Yoga props will be incorporated to ensure support and proper alignment.