



North Ridge Tennis and Golf

Group Exercises Schedule Winter 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes				10:45-11:45am Dynamic Flexibility (Caleb)			8:30-9:15am Tabata (Caleb) 9:30-10:30am Dynamic Flexibility (Caleb)
PM Classes							

Prices:

- **Max Class Capacity: 8 Participants**
- ** All participants must sign up prior to class**
- **12hr notice is required for cancelation of class**
- **24hr notice needed for babysitting**

\$75.00 Monthly Membership
 \$90.00 Monthly Family Membership
 Drop in: \$9.00

* unlimited classes, renewed automatically for 6 months

Class Descriptions: (Max Class Capacity: 8 participants)

TRX: The TRX class is designed to challenge you using the TRX bands and only your body weight. TRX exercises help develop strength, balance, flexibility and core stability. As well as improving your lean muscle mass which will in turn increase your metabolism. All fitness levels welcome!

Pilates Mat: Pilates is meant to lengthen and tone muscles, decrease stress, and improve posture. Strengthen and lengthen your body with a low impact format. All fitness levels welcome!

Power Circuit: This circuit based class is designed to work your total body as well as get your heart rate up! Stations allow you to take each exercise at your own pace. All fitness levels welcome!

Dynamic Flexibility: Join us for this relaxing recovery class that focuses on flexibility. Using foam rollers, lacrosse ball, and other stretching methods, you will leave feeling long and lean.

Vinyasa Yoga: It links proper breathing techniques and movement to build balance, flexibility and strength. All levels are welcome!

Tabata: Is a form of intensive interval training consisting of high intensity activity, followed by a short period of rest. Each exercise in a tabata class lasts for four minutes. All fitness levels welcome. The structure of the class is as followed:

- Workout hard for 20 seconds
- Rest for 10 seconds
- Completing 8 rounds