



HILLTOP LIMITED GROUP EXERCISE STUDIO CLASS SCHEDULE JANUARY 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Liz B.		Liz B.		Liz B.		
8:30 AM							Hatha Yoga Chris M.
9:00 AM	Cheri K.	Dalia D.	Cheri K.	Kara L.	Cheri K.	Liz B.	
12:00 PM	Hatha Yoga Chris M.	Jen C.	Hatha Yoga Chris M.	Jen C.	Hatha Yoga Chris M.		
5:30 PM	Elizabeth B.	Vinyasa Yoga Kyle L.	Elizabeth B.	Yogalates Kyle L.	Elizabeth B.		

- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.

Class Descriptions

BodyFlow™: The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered.

BodyPump™: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast!

BodyStep™: Using a height adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle-conditioning tracks that shape and tone your entire body.

Hatha Yoga: Taught in the tradition of BKS Iyengar yoga emphasizing a balance of length and strength through movement and breath. Great for all levels.

Vinyasa Yoga: This is a Yoga class in which the poses are synchronized with movement focusing on balance, strength and flexibility.

Yogalates: This class combines the core and strengthening work of Pilates, and the balance and flexibility work of Yoga.

Zumba™: Latin inspired moves and dance themes come together to create a dynamic, fun class.

