

GroupEx Studio Regular Schedule (Jan 2nd – Apr 7th)

	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
10:00 AM	<i>SPIN-FIT</i> Julie K	<i>YOGA Relax</i> Anna P	<i>SPIN-FIT</i> Julie K	<i>YOGA Relax</i> Anna P			
5:15 PM	<i>YOGA Recharge</i> Kim M	<i>SPIN-FIT</i> Nikki T	<i>YOGA Recharge</i> Kim M	<i>SPIN-FIT</i> Nikki T			
6:30 PM	<i>SPIN-FIT</i> Josh S	<i>YOGA Recovery</i> Jasmine F	<i>SPIN-FIT</i> Josh S	<i>YOGA Recovery</i> Jasmine F			

Studio Wellness Seasonal Series (Jan 2nd – Apr 7th)

Mon	Tues	Weds	Thurs	Friday	Saturday	Sunday
	<i>Essentrics</i> Kathy S 12:00PM			<i>YOGA Recharge</i> Martha M 5:30PM	<i>SPIN-YOGA</i> Madi B 10:00AM	<i>YOGA Recovery</i> Kim M 4:30PM

Fit-to-Play Seasonal Series (Jan 2nd – Apr 7th)

Monday	Tues	Wednesday	Thurs	Fri	Sat	Sun
Core Ball Paul A 7:00PM		Hard Core Ball Paul A 7:00PM				

- **Spin-FIT:** Cardio cycle and functional strength training combined featuring Olympic lifting station, dumbbells, kettlebells, TRX, step boxes, bands, balls and body-weight exercises.
- **Spin-Yoga:** An absolutely energizing session with a 30-min cardio cycle followed by Recharging Yoga.
- **Yoga Relax:** Relaxing and harmonious with traditional yoga postures; Hatha-Flow elements.
- **Yoga Recovery:** Deep release stretches targeting tissue and fascia release; Yin-Restorative elements.
- **Yoga Recharge:** Uplifting movement with strength and balance postures, Vinyasa-Ashtanga elements
- **Essentrics:** A dynamic, full-body workout that draws inspiration from ballet, Tai Chi, and physiotherapy for enhanced flexibility and mobility.
- **Core Ball:** The ultimate challenge of balance, coordination and stamina focusing on Swiss-Ball exercises.



Registration Info:

- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class
- ✓ Registration is *online* thru evolutionfernienie.com OR thru *In-Charge Life* App
- ✓ Classes are 1-hour duration. 15-minute break between classes for cleaning and participant changeover.
- ✓ Arrive **10 minutes prior to class start time**. Late arrivals will be denied entry.
- ✓ Scan-in or check-in with Front Desk upon arrival
- ✓ Class participant size is limited to: **Spin: 10 Yoga: 14 Fit-to-Play: 14**
- ✓ **No-show's** and **Last-Minute Cancellations** (*Under 2-hours to start time*) are charged a \$5 **No-Show Fee**.
- ✓ Studio Yoga mats available for use, you are encouraged to bring your own mat; All Yoga Props provided
- ✓ Yoga classes feature ceiling mounted *Yoga Panels*® **Infrared heaters** for a deep, gentle warmth
- ✓ Schedule or Instructor may change at any time, please see online calendar for weekly availability