

Studio Regular Schedule (Sept 18th – May 17th)

	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
9:15 AM	<i>SPIN-FIT</i> Julie K	<i>YOGA Flow</i> Anna P	<i>SPIN-FIT</i> Julie K	<i>YOGA Flow</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>YOGA Recovery</i> Kim M	<i>YOGA Flow</i> Cathy B	<i>YOGA Recovery</i> Cathy B	<i>YOGA Flow</i> Cathy B			

- **Spin-FIT:** Half Cardio Cycle + Half Functional Interval Training featuring Olympic lifting station, dumbbells, kettlebells, TRX, step boxes, bands, balls and body-weight exercises.
- **Yoga Flow:** Relaxing and harmonious with traditional yoga postures and sequences; Hatha-Flow elements.
- **Yoga Recovery:** Deep release stretches targeting tissue and fascia release w/ lots of props; Yin-Restorative elements.
- **Yoga Recharge:** Uplifting movement with strength and balance postures, Vinyasa-Ashtanga elements

Lifestyle Series (Oct 10th – Apr 26th)

	Monday	Tues	Wednesday	Thurs	Fri	Sat	Sun
10:30 AM		<i>Pilates</i> Cathy B	<i>Essentrics</i> Kathy S	<i>Barre</i> Cathy B			

- **Lifestyle Series:** Dynamic full-body workouts that incorporate balance and strengthening exercises with movements designed to improve overall body mobility, flexibility and function.

Fit-to-Play Winter Series (Oct 10th – Mar 27th)

Monday	Tues	Wednesday	Thurs	Fri	Sat	Sun
7:00 PM Core Ball Paul A		7:00 PM Hard Core Ball Paul A				4:30 PM <i>YOGA Recovery</i> Kim M

- **Fit-to-Play Series:** Focusing on sports conditioning, injury prevention and recovery for winter sports activities.

Registration Info:

- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class
- ✓ Registration is *online* thru **evolutionfernle.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 may be denied entry.
- ✓ Scan-in or check-in with Front Desk upon arrival
- ✓ Class participant size is limited to: **Spin-FIT: 10 Others: 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 and Lifestyle 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

