DECEMBER FITNESS CLASS SCHEDULE

TARTAN FIELDS
GOLF CLUB

TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am	Circuit Training *Natalie*	Yoga *Kris*	Indoor Cycling *Leslie*	
9:30am	Circuit Training *Natalie*	Zumba *Dawn*	Indoor Cycling *Laura*	Mat Pilates *Jill*
10:45am	Power Yoga Flow *Leslie*		Strength Training *Laura*	
6pm	Yoga *Joanne*	Indoor Cycling *Leslie*	Tabata *Natalie*	

CLASS DESCRIPTION

Circuit Training : Cardio, strength and core all in one class! A perfect combo for all fitness levels! 1 Minute on each station!

Indoor Cycling : One hour of low impact with a high cardiovascular effect! Join this fun and intense class that will have your heart pumping to the next level!

Power Yoga Flow : Find strength, stamina and equanimity in this faster paced power vinyasa flow class.

Strength Training: A variety of equipment will be used to increase strength, balance and flexibility hitting all muscle groups including core!

Tabata : Tabata is a High Intensity Interval Training(HIIT) workout. 8 rounds of 20 seconds of hard work followed by 10 seconds of recovery, repeated 8 times. We give you the exercises, you add the intensity. It's a must try!

Mat Pilates: Our goal is to help you strengthen your deep abdominals and other muscles in your body to create proper alignment of spine and joints. Class will be modified to suit beginners to intermediate level.

Yoga : Yoga opens, cleanses and energizes our Body, Mind and Spirit, and re-ignites our excitement for life. Open to all levels, while advanced attendees will be given more complex poses, beginners can work on their own level.

Zumba : World wide music with a fun and effective workout system. Everyone is welcome to join this party in disguise!

*Fitness Center hours: *Mon 6am to 2pm, Tue-Sat 6am to 9pm, Sun 6am to 8pm.* **Kids Club hours:* *Tue- Fri 9am to 12:30pm*

Email *Natalie for any questions at nuzcategui@tartanfields.com*

Please sign up for classes and Kids Club through mindbodyonline.com or download the free MINDBODY app