

## Fall Schedule 2024 December

Time of Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45a		Strength Intervals 🔥🔥	Cardio & Strength 🔥🔥	Bootcamp 🔥🔥	Tabata 🔥🔥	Functional Circuit 🔥🔥	
9:00-9:45a		Barre 🌟🌟	Total Body 🔥🔥	Pilates 🌟🌟	Cardio & Strength 🔥🔥	Barre 🌟🌟	Bootcamp (8:30-9:15am) 🔥🔥
10:00-10:45a		Pop Line-Dance 🔥	Yoga - Hatha 🌟	Dance Fit 🔥	Yoga - Vinyasa Flow 🌟	Aerial Yoga 🌟	Aerial Yoga - Flow (9:30-10:30am) 🌟
11:00-11:45a		Baby Fit - Strong 🌟🌟👶	Pelvic Floor Series Level 1 🌟🌟👶	Chair Fit & Stretch 🌟🌟	Pelvic Floor Series Level 2 🌟🌟👶	Baby Fit - Strong 🌟🌟👶	
12:15-12:45p		TRX 🌟🌟	Tabata 🔥🔥	Total Body 🔥	Bootcamp 🔥🔥	Pilates 🌟🌟	
4:30-5:15p		Cardio Kickboxing 🔥🔥	TRX 🌟🌟	Core 🔥	Functional Circuit 🔥🔥		
5:30-6:15p		Pilates 🌟🌟	Dance Fit 🔥	TRX 🌟🌟	Dance Fit 🔥	Friday Special Dec 6: Partner Circuit *Dec 13: Yin Yoga Sound Bath (6-7p)* Dec 20: Christmas Dance Fit	
6:30-7:30p		Aerial Yoga - Flow 🌟	Pilates/ Meditation & Relaxation 🌟	Step (6:30-7:15pm) 🔥	Aerial Yoga 🌟		

🔥 - Strength 🌟 - Low Impact 🔥 - Cardio 👶 - Baby-friendly

Instructed by Jenni

Instructed by Denzel

**Closed: Tuesday, December 24th for Christmas Eve**

**Closed: Wednesday, December 25th for Christmas Day**

**Closed: Thursday, December 26th for Boxing Day**

**Closed: Wednesday, December 31st for New Year's Eve**

**Closed: Thursday, January 1st for New Year's Day**

**\* This special event requires registration through [autumnmoonhw@outlook.com](mailto:autumnmoonhw@outlook.com) or by cash in the studio**

**Aerial Yoga** - Experience the weightlessness of aerial yoga, as you use hanging silks to support your body in this yoga practice. We offer silks with handles, and without, for ease of use. The silks offer support for your balance, and help you find depth and comfort in the poses.

**Aerial Yoga - Flow** - Combine Aerial Yoga poses together over one month to create a flowing series. The silks offer support through the poses while you lightly challenge your body to flow gently through a series of poses. Suitable for most levels.

**Baby Fit - Strong** - Maintain or regain strength during all stages in our Baby-Strong Class. The use of weights, bands or other items may be used, and babies may be used as weights. 30 min class with 15 min social time available after the class.

**Barre** - This low-impact workout combines high repetition and light weights or resistance with aspects of balance and coordination. Barre is a combination of muscular conditioning, Pilates, Yoga and Mobility.

**Bootcamp** - If you are looking for a high-intensity workout to get your heart-pumping and muscles working! Appropriate for all-levels, as every exercise is adaptable, but be ready to bring your A-game, and kick-butt attitude as you are put through your paces!

**Cardio & Strength** - This class will get your heart pumping, and your muscles working as we combine Cardio exercises with Strength exercises to target the whole body in one, effective workout.

**Cardio Kickboxing** - This class will offer you a high intensity workout, combining cardio kickboxing moves with some bodyweight conditioning to bring your workout to the next level. Low Impact options can be provided when needed.

**Chair Fit & Stretch** - A great low-impact option for those who have balance and mobility challenges. This class focuses on building functional strength and maintaining balance and range of motion. Followed by a seated stretch, this is a great option for those who find traditional stretching and yoga strenuous.

**Core** - Increase your core stability and strength with this Core-focused class. This class will work all the muscles in your torso to keep you balanced, strong and mobile to aid in the functionality of your daily life and activity.

**Dance Fit** - Enjoy getting fit while grooving to music. Follow the instructor as they lead you through simple to moderate choreographies that are repeated over several weeks so you learn the moves and really give it your own energy and style.

**Friday Special** - Running bi-weekly, starting Sept 13th, we will be running Special Themed Classes on Friday Nights! Classes can be anything from Partner Classes, Dance, Strength, Yoga and more! Keep an eye out on our Monthly Calendars and Social Media Posts to find out more about our upcoming events!

**Functional Circuit** - Get ready for a class that keeps you moving, as this circuit style class combines functional movements and strength to challenge you, no matter what level you are at!

**Pelvic Floor Level 1** - Pelvic Floor Health is important for people of all ages! Join us for this 6 week series to jumpstart your connection with your Pelvic Floor! This series focuses on connecting with your Pelvic Floor and Deep Core muscles to support you through different positions. You can take Level 1 as many times as you would like, as it is a great reminder for Pelvic Floor and Core Engagement.

**Pelvic Floor Level 2** - Take alongside the 6 week Level 1, or graduate to Level 2 after going through Level 1. Where Level 1 focuses on finding your Pelvic Floor and Deep Core muscles, Level 2 will challenge your engagement by adding some impact exercises and weights.

**Pilates** - A low-impact core workout, this class will focus on your alignment, balance and stability through the core as your limbs are moving. This class is based on the Classic Mat Pilates and allows you to focus on your core combined with mobility work.

**Pilates/Meditation & Relaxation** - Start this class with 30 minutes of classic Mat Pilates, and then choose to find a comfortable position either in a hammock or on the floor, and allow yourself to be guided through a meditation. With dim and cozy lighting, and relaxing spa music, this is the perfect relaxation.

**Pop Line Dancing** - A low-impact line-dancing class using your favorite pop songs. The basics will be broken down.

**Step** - Ramp up your cardio game with our aerobic step class! This can be done with or without a step, for those who may need a lower impact option. Follow along as we work through basic to intermediate step combinations.

**Strength Intervals** - Build your strength with timed intervals of weighted and body weight exercises.

**Tabata** - Challenge your Cardio and Strength in this class set to the Tabata Timing Protocol of 20 seconds of work followed by 10 seconds rest. This HIIT style class provides a moderate to high intensity workout.

**Total Body** - Total Body is a concise workout that utilizes bodyweight and equipment to exercise all the main muscle groups of the body. It is appropriate for all levels, as all exercises can be modified or leveled up to match your fitness level.

**TRX** - TRX is a suspension trainer where one uses hung straps and their body weight against gravity to exercise in a functional way. Train your grip strength, range of motion and core stability from all angles with this workout!

**Yoga - Hatha** - Hold poses while focusing on the breath, and allowing the body and muscles to relax into each pose. This practice is appropriate for all levels, with modifications, mobility aids and variations being offered to meet the needs of most.

**Yoga - Vinyasa Flow** - Combine yoga poses together into a flowing series of movements that focus on improving your balance, mobility and strength.