



# May

## Group Exercise + Events



Complimentary childcare is now available for every class except 6 AM!

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <ul style="list-style-type: none"> <li>Cycle 45 5:30-6:15 PM</li> </ul>	2 <ul style="list-style-type: none"> <li>Build 6-6:45 AM</li> <li>Barre Sculpt 6-6:45 PM</li> </ul>	3 <ul style="list-style-type: none"> <li>No Class (open gym still available)</li> </ul>	4 <ul style="list-style-type: none"> <li>Full Body Blast 8:30-9:15 AM</li> <li>Walking Group 9:30-10:15</li> </ul>
5 CLOSED	6 <ul style="list-style-type: none"> <li>Build 5:30-6:15 PM</li> <li>Build 6:30-7:15 PM</li> </ul>	7 <ul style="list-style-type: none"> <li>Dirty Thirty 6-6:30 AM</li> <li>Mindful Yoga 6-7 PM</li> </ul>	8 <ul style="list-style-type: none"> <li>Step it Up 5:30-6:15 PM</li> </ul>	9 <ul style="list-style-type: none"> <li>Build 6-6:45 AM</li> <li>Barre Sculpt 6-6:45 PM</li> </ul>	10 <ul style="list-style-type: none"> <li>Cycle 45 8:30-9:15 AM</li> </ul>	11 <ul style="list-style-type: none"> <li>Full Body Blast 8:30-9:15 AM</li> <li><b>CLOTHING SWAP</b> <b>10-12</b></li> </ul>
12 CLOSED	13 <ul style="list-style-type: none"> <li>Build 5:30-6:15 PM</li> <li>Build 6:30-7:15 PM</li> </ul>	14 <ul style="list-style-type: none"> <li>Dirty Thirty 6-6:30 AM</li> <li>Mindful Yoga 6-7 PM</li> </ul>	15 <ul style="list-style-type: none"> <li>Power Hour 8:30-9:30 AM</li> <li>Cycle 45 5:30-6:15 PM</li> </ul>	16 <ul style="list-style-type: none"> <li>Build 6-6:45 AM</li> <li>Barre Sculpt 6-6:45 PM</li> </ul>	17 <ul style="list-style-type: none"> <li>Rage 8:30-9:15 AM</li> </ul>	18 <ul style="list-style-type: none"> <li>Full Body Blast 8:30-9:15 AM</li> <li><b>MENSTRUAL MANIFESTO</b> <b>10-12</b></li> </ul>
19 CLOSED	20 <ul style="list-style-type: none"> <li>Build 5:30-6:15 PM</li> <li><b>SheCircle</b> <b>6:30-8:00</b></li> </ul>	21 <ul style="list-style-type: none"> <li>Dirty Thirty 6-6:30 AM</li> <li>Mindful Yoga 6-7 PM</li> </ul>	22 <ul style="list-style-type: none"> <li>Power Hour 8:30-9:30 AM</li> <li>Step it Up 5:30-6:15 PM</li> </ul>	23 <ul style="list-style-type: none"> <li>Build 6-6:45 AM</li> <li>Barre Sculpt 6-6:45 PM</li> </ul>	24 <ul style="list-style-type: none"> <li>Cycle 45 8:30-9:15 AM</li> </ul>	25 <ul style="list-style-type: none"> <li>Full Body Blast 8:30-9:15 AM</li> <li>Walking Group 9:30-10:15</li> </ul>
26 CLOSED	27 <b>CLOSED</b> <b>MEMORIAL DAY</b>	28 <ul style="list-style-type: none"> <li>Dirty Thirty 6-6:30 AM</li> <li>Mindful Yoga 6-7 PM</li> </ul>	29 <ul style="list-style-type: none"> <li>Power Hour 8:30-9:30 AM</li> <li>Cycle 45 5:30-6:15 PM</li> </ul>	30 <ul style="list-style-type: none"> <li>Build 6-6:45 AM</li> <li>Barre Sculpt 6-6:45 PM</li> </ul>	31 <ul style="list-style-type: none"> <li>Rage 8:30-9:15 AM</li> </ul>	

# Class Descriptions:

1. **Build**- Build strength, muscle mass, and confidence in this resistance training class incorporating various strength-training equipment.
2. **Barre Sculpt**- A fusion of ballet-inspired movements and strength training that will sculpt your muscles through targeted repetitions.
3. **Cycle 45**- Test your endurance in this 45-minute cycling class that will incorporate various formats and interval based rides.
4. **Full Body Blast**- Come and rock out this total body sweat sesh incorporating functional strength and cardio.
5. **Step it Up**- Get your groove on this dance/step fusion class! Class can be done with step height level of comfort (or no step).
6. **Dirty Thirty**- Come get a good sweat through 30 minutes of hard work incorporating cardiovascular exercise, power output, and other various training methods.
7. **Rage**- Cardio through functional movement is the focus! This class uses various equipment (bodyweight, ropes, slam balls, kettlebells, etc.) to challenge the cardiovascular system and build endurance.
8. **Power Hour**- This is a combo class with half of the class focusing on strength training and finishing with bodyweight core/balance/mobility.
9. **Mindful Yoga**- Balance your mind and body through carefully curated yoga flows that seek to restore your connection to yourself.
10. **Walking Group**- This is a FREE offering open to anyone in the community. Get some steps in while building relationships! Stroller friendly.

# Special Events:

**Clothing Swap**- It's time to spring clean those closets! Clean out your clothes that no longer suit your style and bring them in for a chance to "shop" the loot brought in by others! This is a free event but does require registration. Arrival/setup time is 9:30 AM. We will move everyone out by 9:45 and reopen the doors at 10. Bathrooms are available as fitting rooms to try items on. All clothing is free, but you must bring some to donate to the swap.

**Menstrual Manifesto**- Are you wanting to learn more about harnessing the power of your monthly menstrual cycle? Come and learn just how special this part of our biologic makeup is and how it is meant to serve us well as women, including: how to take advantage of each phase, nutritional and exercise considerations, emotional contributions to period problems, troubleshooting period problems, and more! **\*Childcare will be provided!\***

**SheCircle**- Each month we will be hosting a communal time of connecting, healing, laughing, and renewing our souls. These meetings will foster unity amongst women in our community while honoring our unique experiences through discussion-based questions and opportunities to share. May's topic will be: **peace**. What's robbing you of peace? Who or what are you falsely putting the burden of your peace on? What areas of your life are lacking and/or have immense peace?

