



## TAG FITNESS FALL SCHEDULE (Starts Sept.7/10)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a.m.			Rise 'n Shine Ride		Rise 'n Shine Ride		
6:30 a.m.	<b>*NEW*</b> Lower Body Blast	Step	Am Yoga	Double or Nothing	Upper body Management		
8:30am		Express Cycle				TAG Team	
9:15 a.m.	Hardcore	Pilates	Double or Nothing	<b>*NEW*</b> Lower Body Blast	Vinyasa flow		<b>*10:30am</b> Hatha Yoga
5:30 p.m.	Core + More	Vinyasa flow	Hardcore	Pilates Core Challenge	<b>*5:15pm</b> Ride for 45		
6:45p.m.	3 Stage Cycle						

\* Classes subject to change based on participation.

## **CLASS DESCRIPTIONS**

**“NEW” Lower Body Blast** – We did it again! Designed a class that you are gonna love! You put in the effort, you are guaranteed results. Squats, lunges, core conditioning and lower back will be the focus utilizing weights, balls and tubing for an incredible workout. THIS IS YOUR BOOTY CALL...DON'T MISS IT!!! Suitable for all levels.

**“NEW” Tag Team** -This class will be the talk of the town! Come join your favorite instructors, teaching their favorite classes. Variety is the spice of life. We promise to do what we do best and we won't let you down.

**Pilates** – This class is designed for those who wish to move well using classical, and not so classical, Pilates movements. Incorporating the functional movements of the spine, in both motion and stability, you will leave feeling strengthened, lengthened and connected to your body.

**Hardcore** – This intelligent workout enhances core strength and muscle definition. This all-new strength class will help you achieve your goals utilizing weights, tubing, steps and more. You will be guided through an intense muscle conditioning class with an emphasis on core strength. Get Hardcore!

**Step**– Believe Again! Treat yourself to a step class rich in energy and loads of fun. A proven winner, this low impact cardio class will consist of step aerobics and muscle endurance. Re-ignite your 'old flame'! Suitable for all levels.

**Vinyasa Flow:** A practice similar to power yoga consisting of flowing postures, core strengthening, and a focus on movement and breath. A great workout for those yogis looking for a faster paced class. Suitable for all levels.

**Hatha Yoga** – A flexibility, balance, and strength building practice consisting of traditional Hatha Yoga poses including standing, seated, and lying postures with some restorative yoga, relaxation and meditation. Suitable for all levels

**Pilates Core Challenge** - A new way to approach Pilates! This is a full body Pilates workout, using foam rollers, resistance bands, Pilates mini balls and Swiss balls. The props allow for a better understanding of the exercises and a deeper use of the core muscles. Develop a new repertoire and add fun to your Pilates classic moves.

**Ride for 45** – This condensed class is perfect for the cyclist on the go! Just like the name says, 45 minutes of pure cycling to add intense training to your workout. Quick and efficient with plenty of sweat.

**Rise n Shine Ride** – Here comes the sun! Start off right with the perfect morning ride. Feel the energy of the room and let the music guide you to your personal best. Who needs coffee!!!

**Am Yoga** – This morning yoga class is designed to offer the perfect start to the day. Traditional yoga postures and breathing exercises with help lengthen, restore and relax your muscles. Breathe - Stretch - Leave. Suitable for all levels.

**Express Cycle** - Quick and Dirty...Sit and Spin for 30 minutes! Give it all you've got for an intense cardio workout or use it as the perfect warm-up to one of our studio classes or weight workout.

**Core + More** – The perfect combination of core conditioning and back stability! This class will help you develop stronger abdominals, maintain a healthy back and improve your posture. We start from the bottom up! Is it cardio? Is it strength? You decide!

**3 Stage Cycle** – Ever been to 3 Stage? Get ready for your outdoor rides. Three key components - spin, core conditioning and stretch combined for one awesome class

**Double or Nothing** – A step and strength class for all fitness levels. Easy to follow step choreography combined with muscle strength and endurance. You will sweat and you will get results guaranteed!

**Upper Body Management** – This is the class you have been waiting for. Strengthen and tone your arms, shoulders, chest and back. We don't stop there, abdominal training at its best. A vigorous workout that will get results....FAST!

