



TIH WELLNESS CLASS SCHEDULE

MONDAY

6:00 - 7:00am	SWIM FIT	blue swim
9:00 - 9:50am	TRX FLEX	ashley matejka
6:00 - 7:30pm	IYENGAR YOGA*	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING**	macfit360

TUESDAY

8:00 - 8:50am	ANTIGRAVITY***	meghan gill
9:00 - 10:15am	IYENGAR YOGA	mychal bryan
5:30 - 6:15pm	HIIT CARDIO	ashley matejka
6:30 - 7:30pm	YIN YOGA	jeanne hall

WEDNESDAY

6:00 - 7:00am	SWIM FIT	blue swim
9:00 - 9:50am	TRX FLEX	ashley matejka
6:00 - 7:30pm	IYENGAR YOGA	mychal bryan
6:00 - 6:50pm	STRENGTH & CONDITIONING**	macfit360

THURSDAY

8:00 - 8:50am	BARRE	britni knowles
9:00 - 10:15am	IYENGAR YOGA	mychal bryan
5:30 - 6:15pm	HIIT CARDIO*	ashley matejka
6:30 - 7:15pm	YOGA NIDRA	ashley matejka

FRIDAY

9:00 - 10:00am	VINYASA FLOW	jeanne hall
----------------	--------------	-------------

SATURDAY

9:30 - 10:30am	IYENGAR YOGA	mychal bryan
----------------	--------------	--------------

SUNDAY

9:30 - 10:30am	YIN YOGA	peggy stroud
----------------	----------	--------------

*Open to members, guests & staff

**takes place in gym

***must wear sleeves



TIH WELLNESS CLASS DESCRIPTIONS

ANTIGRAVITY

Antigravity is a comprehensive technique on suspended hammocks intended to decompress the spine and align the body from head to toe while stretching and strengthening the muscles.

BARRE

Barre strengthens the entire body through small, controlled movements, isometric holds, and high repetition sets using light weights, resistance bands, pilates balls, and of course the barre.

HIIT CARDIO

HIIT (high intensity interval training) Cardio is a training technique in which you give all-out effort through quick, intense bursts of exercise, followed by short, sometimes active recovery.

IYENGAR YOGA

Iyengar Yoga emphasizes correct postural alignment to both challenge and heal the body while also concentrating the mind.

STRENGTH & CONDITIONING

Strength & Conditioning combines weightlifting with athletic strength and conditioning to maximize your physical performance.

SWIM FIT

Swim Fit improves stroke technique, strength and endurance through organized swimming workouts.

TRX FLEX

TRX Flex incorporates the TRX Suspension Trainer in workouts designed to increase strength, endurance, coordination, power, and stability.

VINYASA FLOW

Vinyasa Flow synchronizes movement with breath to create a sequence that gets you out of your head and into your body.

YIN YOGA

Yin Yoga invites you to slow down and create space for stillness while nourishing your joints, ligaments, tendons, and fascia by holding poses for 3-5 minutes.

YOGA NIDRA

Yoga Nidra guides you through a detailed sleep based meditation that will allow your mind and body to slip into a deep state of relaxation.