



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	TRAINING LAB**	wellington wallace

TUESDAY

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 - 7:30pm	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	TRAINING LAB**	wellington wallace

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
5:30 - 6:30pm	ZUMBA	pia oyarzun

SATURDAY

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

9:00 - 10:00am	RESTORATIVE YOGA	esther van praag
10:30 - 11:30am	ANTIGRAVITY***	meghan gill

*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.

TRAINING LAB

Training Lab targets major muscles groups with weighted exercises designed to strengthen the entire body.

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.

ZUMBA

Zumba combines Latin and international music with dance moves designed to get your heart rate up and boost cardio endurance.

RESTORATIVE YOGA

Restorative Yoga focuses on restoring the body through passive stretching and the use of props.