



TIH WELLNESS CLASS SCHEDULE

MONDAY

6:00 - 7:00am	SWIM FIT	blue swim	pool
9:00 - 9:50am	TRX FLEX	david morley	trx frame
6:00 - 7:30pm	IYENGAR YOGA	mychal bryan	meeting room

TUESDAY

8:00 - 8:50am	BARRE	britni knowles	meeting room
9:00 - 10:15am	IYENGAR YOGA	mychal bryan	meeting room
5:30 - 6:15pm	HIIT CARDIO	pia oyarzun	meeting room
6:30 - 7:30pm	YIN YOGA	jeanne hall	meeting room

WEDNESDAY

6:00 - 7:00am	SWIM FIT	blue swim	pool
9:00 - 9:50am	TRX FLEX	david morley	trx frame
6:00 - 7:30pm	IYENGAR YOGA	mychal bryan	meeting room

THURSDAY

8:00 - 8:50am	BARRE	britni knowles	meeting room
9:00 - 10:15am	IYENGAR YOGA	mychal bryan	meeting room
5:30 - 6:15pm	HIIT CARDIO	pia oyarzun	meeting room

FRIDAY

9:00 - 10:00am	VINYASA FLOW	jeanne hall	meeting room
5:30 - 6:30pm	ZUMBA	pia oyarzun	meeting room

SATURDAY

9:30 - 10:30am	IYENGAR YOGA	mychal bryan	meeting room
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PLEASE NOTE: You are not required to wear a mask during your workout.
However, we ask that you wear a mask up to the point of exercise and immediately after.



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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.

SWIM FIT

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

TRX

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.