



## THE YARD GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Spin45	5:30am Spin45	5:30am Spin45	5:30am Spin45	5:30am Spin45		
9:30am Spin45	9:30am Stretch Yoga	9:30am Spin45	9:30am Stretch Yoga	9:30am Spin45	8:45am Spin45	
	9:45am MÜV*		9:45am MÜV*			
10:15am MÜV*		10:15am MÜV*		10:15am MÜV*	10:00am Bootcamp	
5:30pm Mat Pilates	5:30pm Stretch Yoga	5:30pm Mat Pilates	5:30pm Stretch Yoga			
5:30pm Spin45	5:30pm Spin45	5:30pm Spin45	5:30pm Spin45			
6:30pm Bootcamp	6:30pm Bootcamp	6:30pm Bootcamp	6:30pm Bootcamp			

\*Additional Fee Required for MÜV\* classes

**MEMBERS:**

GO TO [MYICLUBONLINE.COM](http://MYICLUBONLINE.COM) TO RESERVE A SPOT IN EVERY CLASS YOU TAKE

**CLASS DESCRIPTIONS:**

**SPIN45:**

- Cycling class located in our spin studio next to the front entrance.
- Both classes involve challenging drills, consisting of intervals, climbing up hills by changing the resistance, speed play, and getting in and out of the saddle.

**MÜV TRAINING:**

- Added cost per month-\$59/Unlimited classes per month
- Group training, max of 6 people
- Mixture of strength based workouts and HIIT(high intensity interval training)
- Due to the small classes, trainers are able to give alternative exercises to participants and really tailor the workout to each individual
- Must register for 1 week free trial at the desk or by email before taking the class

**BOOTCAMP:**

- 45 minute class
- Full body training
- High intensity mixed with strength
- Good for all ages and fitness levels
- Located in functional training area

**MAT PILATES**

- 30-45 minute class
- Included in membership
- Concentrates on building strength with an emphasis on core strength
- Takes place in the stretching room

**STRETCH YOGA**

- 45 minute class
- Helps promote flexibility and strength
- Dynamic and static stretching that blend yoga postures, pilates, resistance training

Contact [drewclark564@gmail.com](mailto:drewclark564@gmail.com) for more information!