



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		
	8:15am Bootcamp		8:15am Bootcamp		8:30am Spin45	
9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Stretch Yoga
						10:30 Body in Motion
10:15am MÜV*	10:15am MÜV*	10:15am MÜV*	10:15am MÜV*	10:15am MÜV*	10:15am Bootcamp	
5:30pm Mat Pilates	5:30pm Stretch Yoga	5:30pm Mat Pilates				
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 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

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

BODY IN MOTION

- Is a motivating blend of yoga that features elements of tai chi and Pilates.
- Designed to build strength and improve flexibility.
- 30 minute class

Contact drewclark564@gmail.com for more information!