



## 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      | 8:00am Barre        | 8:15am Bootcamp      | 8:00am Barre        | 8:15am Spin45    |                     |
| 9:15am Stretch Yoga |                      | 9:15am Stretch Yoga |                      |                     |                  |                     |
| 9:30am Spin45       | 9:30am Spin45        | 9:30am Spin45       | 9:30am Spin45        | 9:30am Spin45       | 9:30am Spin45    | 9:15am Stretch Yoga |
| 10:15am MUV*        | 10:15am MUV*         | 10:15am MUV*        | 10:15am MUV*         | 10:15am MUV*        | 10:15am Bootcamp |                     |
|                     | 11:00am Stretch Yoga |                     | 11:00am Stretch Yoga | 11:00am Mat Pilates |                  |                     |
|                     |                      |                     |                      |                     |                  |                     |
| 4:00pm Mat Pilates  |                      | 4:00pm Mat Pilates  |                      |                     |                  |                     |
|                     | 5:30pm Stretch Yoga  |                     | 5:30pm Stretch Yoga  |                     |                  |                     |
| 5:30pm Spin45       | 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

### **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)

### **BOOTCAMP:**

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

### **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

### **BARRE**

- Toning, full body workout
- Low impact
- Works on core strength
- \$15 per class

### **MAT PILATES**

- Dynamic stretching
- Strengthen and stretch muscles
- Build core strength
- Full body toning