



## 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		
8:00am Bootcamp	8:00am Bootcamp	8:00am Bootcamp	8:00am Bootcamp		8:15am Spin45	
9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Spin45	9:30am Spin45 Bi Weekly	
10:15am MUV*	10:15am MUV*	10:15am MUV*	10:15am MUV*	10:15am MUV*		9:15am Stretch Yoga
11:00am Stretch Yoga		11:00am Stretch Yoga			10:15am Bootcamp	
	5:30pm Stretch Yoga		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

### **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