



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	8:00am Bootcamp	8:15am Spin45	
9:00am Spin45	9:00am Spin45	9:00am Spin45	9:00am Spin45			
10:00am MÜV*	10:00am MÜV*	10:00am MÜV*	10:00am MÜV*	10:00am MÜV*	9:30am Spin45 Bi-Weekly	9:15am Stretch Yoga
11:00am Stretch Yoga		11:00am Stretch Yoga		11:15 Mat Pilates	10:15am Bootcamp	
		4:30pm 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

**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
- Mixture of strength based workouts and HIIT(high intensity interval training)
- 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
- 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

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