



## THE YARD GROUP EXERCISE SCHEDULE

| Monday              | Tuesday              | Wednesday          | Thursday        | Friday              | Saturday                | Sunday              |
|---------------------|----------------------|--------------------|-----------------|---------------------|-------------------------|---------------------|
| 6:30am Spin45       | 6:30am Spin45        | 6:30am Spin45      | 6:30am Spin45   | 6:30am Spin45       |                         |                     |
| 7:00am Stretch Yoga |                      |                    |                 | 7:00am Stretch Yoga | 8:15am Spin45           |                     |
| 8:00am Bootcamp     | 8:00am Bootcamp      | 8:00am Bootcamp    | 8:00am Bootcamp | 8:00am Bootcamp     | 9:30am Spin45 Bi Weekly |                     |
| 9:00am Spin45       | 9:00am Spin45        | 9:00am Spin45      | 9:00am Spin45   |                     |                         | 9:15am Stretch Yoga |
| 10:00am MUV*        | 10:00am MUV*         | 10:00am MUV*       | 10:00am MUV*    | 10:00am MUV*        | 10:15am Bootcamp        |                     |
|                     | 11:15am Stretch Yoga |                    |                 | 11:15am Mat Pilates |                         |                     |
|                     |                      |                    |                 |                     |                         |                     |
|                     |                      |                    |                 |                     |                         |                     |
|                     |                      | 4:30pm 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

### **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