



FITNESS & NUTRITION
for women



(530) 662-4444 SL8Fitness.com

Please Allow 10 Minutes to Set Up and Break down and sanitize equipment

ZOOM CLASSES IN RED: Please login to link provided thru Zoom at Class time. We post these links on our Private FB page and also email out.

PARK WORKOUTS: Please bring light weights and a mat and plenty of water.*

SEPTMEBER CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:45 am	CROSSTRAIN Mallory @Southland Park	CONDITIONING Susie *Zoom	CROSSTRAIN Mallory @Southland Park		CONDITIONING Katie *Zoom CROSSTRAIN Mallory @Southland Park
8:00 - 8:45 am	CROSSTRAIN Mallory @Southland Park	PILATES Theresa *Zoom	CROSSTRAIN Mallory @Southland Park	PILATES Theresa *Zoom	CROSSTRAIN Mallory @Southland Park
9:15 - 10:00 am		9:00 am LOW IMPACT CIRCUIT Theresa @Southland Park	CONDITIONING Cory *Zoom	9:00 – 9:45 am CYCLE Christy @SL8	9:00 am SENIOR SILVER SNEAKERS Chuck @Woodside Park
9:45 – 10:30 am			10:15 – 11:00 am GENTLE YOGA Cory *Zoom		
5:30 – 6:15 pm		5:00 pm CROSSTRAIN Mallory @Southland Park		5:00 pm CROSSTRAIN Mallory @Southland Park TAICHI/YOGA Chuck *Zoom	5:30 pm BODY WORKS Chuck *Zoom
6:45 – 7:30 pm	*7:00 - 7:45 pm YOGA Katie @Southland Park		6:30-7:15pm ZUMBA Janet @Southland Park	*7:00 - 7:45 pm YOGA Katie @Southland Park	

EXERCISE CLASS DESCRIPTIONS

BODY WORKS

This is a 60 minute class targeting your whole body. Extra concentration on your Abs and cardio sculpt. A total body class to improve your fitness level.

BUTTS & GUTS

Work off the weekend with this fun mix of cardio and focus on lower body and abdominals.

CONDITIONING

This class is designed to burn calories and fat with a mix of weights, bodyweight exercises, cardio, TRX, and HIIT training for all levels.

GENTLE YOGA/ Tai-Chi

This is a Sivananda-inspired yoga practice and has a similar structure to the Mind and Body Yoga class. You will enjoy deeper relaxation, increased flexibility, and improved technique.

INTERVAL TRAINING

Cardio/Sculpting with intervals. Floor aerobics, step, tai-box and drills. Sculpting and free weights. Ending with 15 minutes of abs and stretching.

LOW IMPACT CIRCUIT

This class is formatted for our seniors. Get your heart rate up in this low-impact class. Combines seated & standing weight training and cardio. Stability balls, bands & much more! All classes are similar, but we mix it up enough so that you continue to see progress, keep you motivated and interested.

MIX IT UP

A great workout to get your heartrate up and tone those muscles. A mix of Cardio and strength

PILATES

The perfect class for both beginning and advanced students. Pilates conditions the entire body and promotes balanced musculature flexibility and agility. Enhance your core condition with balls, bands, and other props. Walk away from class with improved posture and core control.

SilverSneakers® CLASSIC

Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for support.

T. G. I. F.

Tone, Glutes, Interval, FUN Friday class. Get your workout in!

Vin/Yin Yoga

Vin/Yin Yoga is a marriage of the strong Vinyasa yoga and receptive Yin. Working on Passive, seated supine poses holding for longer periods of time. Great for Balance and the nervous system.

ZUMBA/STRONG

Zumba combines high energy and motivating Latin and International music with easy to follow body sculpting dance moves and combinations. Work every muscle with this killer strength training class coupled with great music!