



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.

OCTOBER CLASS SCHEDULE (10/1 through 10/17)

	Monday	Tuesday	Wednesday	Thursday	Friday
7 am	CROSSTRAIN Mallory Southland Park	<b>CONDITIONING</b> Suzie Zoom	CROSSTRAIN Mallory Southland Park <b>CONDITIONING</b> Katie Zoom		<b>CONDITIONING</b> Katie Zoom CROSS TRAIN Kelsey Southland Park
8 am	CROSSTRAIN Mallory Southland Park	<b>PILATES</b> Theresa Zoom/SL8 Classroom	CROSSTRAIN Mallory Southland Park <b>GENTLE YOGA</b> Katie Zoom	<b>PILATES</b> Theresa Zoom/SL8 Classroom	CROSS TRAIN Kelsey Southland Park
8:45 am Starting on 10/6		CYCLE Christy SL8 (Starting 10/6)		CYCLE Christy @SL8 (Starting 10/8)	
9 am		LOW IMPACT CIRCUIT Theresa Southside Park			SENIOR SILVER SNEAKERS Chuck Woodside Park (October 2 & 9)
5 pm		CROSSTRAIN Mallory Southland Park		CROSSTRAIN Erin Southland Park <b>TAICHI/YOGA</b> Chuck Zoom (October 1 & 8)	<b>5:30 pm</b> <b>BODY WORKS</b> Chuck Zoom (October 2 & 9)
6:30 pm	YOGA Katie Southland Park		ZUMBA Janet Southland Park	YOGA Katie Southland Park	



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## 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.

### **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.

### **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.

### **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!