

(530) 662-4444 SL8Fitness.com

All classes are 45 minutes to allow for sanitizing and set up of equipment between classes.

Zoom Classes are in Red.

Zoom links can be found in the VIP Facebook Group and are emailed to members.



### MODIFIED NOVEMBER CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am			CYCLE Katie SL8 (Outdoors)		CYCLE Katie SL8 (Outdoors)	
7 am	CONDITIONING Katie Zoom	CONDITIONING Suzie Zoom	CONDITIONING Katie Zoom	CONDITIONING Suzie Zoom	CONDITIONING Katie Zoom	
8 am	GENTLE YOGA Katie Zoom	PILATES Theresa Zoom/	GENTLE YOGA Katie Zoom  CONDITIONING Mallory SL8 (Outdoors)	PILATES Theresa Zoom	GENTLE YOGA Katie Zoom  TGIF Mallory SL8 (Outdoors)	
9 am	LOW IMPACT CIRCUIT Theresa SL8 (Outdoors)	8:45 CYCLE Christy SL8 (Outdoors)	LOW IMPACT CIRCUIT Mallory SL8 (Outdoors)	8:45 CYCLE Christy SL8 (Outdoors)	BODY BALANCE Mallory SL8 (Outdoors)	MIX IT UP Mallory/Susie SL8 (Outdoors)
5 pm		Butts & Guts Mallory SL8 (Outdoors)				
6 pm		5:45 CYCLE Theresa SL8 (Outdoors)				
6:30 pm	YOGA Katie Zoom					

**Thanksgiving Holiday hours:  
Closed Thanksgiving Day and Black Friday**

## **EXERCISE CLASS DESCRIPTIONS**

### **BODY BALANCE**

Strengthen your core and improve your balance with this class which focuses on floor work, balance, stretching and relaxation.

### **BODY TONE**

This class is designed for all body types and all conditioning levels. Body Tone is a combination of targeting both upper and lower body conditioning, using functional movement and resistance to engage all muscle groups and provide a total body workout. Keep your heart rate mid to high, with rest breaks to ensure adequate recovery.

### **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.

### **CYCLE**

Join us for a fun, high energy, heart pumping class with dynamic movements that will push your limits. This class focuses on aerobic endurance conditioning and aerobic interval training, with brief, high intensity bursts that push past your anaerobic threshold. All levels welcome!

### **GENTLE YOGA**

Gentle yoga is a nurturing, soft, slower-paced and relaxing practice. Gentle yoga helps release tension and stress, increase strength, flexibility, balance and mental clarity while calming the nervous system and restoring an overall sense of balance to the body, the mind and the soul. 💕

### **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, sculpting and strength interval training set to fun music will energize you for the weekend.

### **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.

### **NEW STEP CITY**

Smooth transitions, thoughtful choreography and teaching style. Excellent opportunity to get your groove on while moving on the step in this total cardio class. Party over here!

### **STRONG Nation (formerly STRONG by ZUMBA)**

In STRONG Nation you push yourself beyond your plateaus to achieve overall body transformation. The moves are like the ones you find in a HIIT workout, using only bodyweight. The music was reverse-engineered to match every move. It includes fast-paced rhythms like EDM and Hip-Hop.

### **TGIF**

Tone. Glutes. Intervals. Fun. Energize your Friday and get your workout in to kick off your weekend!

### **TRX, BUTTS & GUTS**

Is it possible to have fun while strengthening your core and glutes? When you throw in some TRX and awesome music it is!

### **ZUMBA**

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!