



(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 MAY CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am			SPIN Katie SL8 (Outdoors)		SPIN Katie SL8 (Outdoors)	
7 am		CONDITIONING Suzie Zoom/SL8 Classroom	CONDITIONING Katie Zoom	CONDITIONING Suzie Zoom/SL8 Classroom	CONDITIONING Katie Zoom	
8 am		PILATES Theresa Zoom/SL8 Classroom	GENTLE YOGA Katie Zoom CONDITIONING Mallory SL8 Classroom	PILATES Theresa Zoom/SL8 Classroom	GENTLE YOGA Katie Zoom TGIF Mallory SL8 Classroom	
9 am		8:45 SPIN Christy SL8 (Outdoors)	LOW IMPACT CIRCUIT Mallory SL8 Classroom	8:45 SPIN Christy SL8 (Outdoors)	BODY BALANCE Mallory SL8 Classroom	MIX IT UP Mallory 1 st & 3 rd Saturday ZUMBA Janet 2 nd & 4 th Saturday SL8 Classroom
10 am						YOGA Theresa SL8 Classroom
5 pm	SPIN Christy SL8 (Outdoors)	TRX, Butts & Guts Mallory SL8 Classroom				
5:45 pm		TRIPLE C (Cardio, Core & Cooldown) Theresa SL8 Classroom	6:00 PM ZUMBA Janet Zoom/SL8 Classroom			
6:30 pm	YIN YOGA Katie Zoom					

Holiday Schedule – No Classes on Saturday, May 29, Memorial Day Hours 8 am to 1 pm, no afternoon classes

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.

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.

SPIN

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!

TGIF

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

TRIPLE C (Cardio, Core & Cooldown)

This class is suitable for all fitness level and includes cardio HIIT moves for a high-intensity burn, core work, and cool-down stretches for flexibility and recovery.

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!

YIN YOGA

Yin yoga is an introspective practice that offers a chance to turn inward and nurture the calm, quiet center that is innate in all of us. It is a practice in stillness, patience, and non-reactivity. Through yin yoga we hold passive poses for a period of time to gently lengthen the muscles, revitalize the connective tissues, find balance, release stress, sit with our emotions and practice resiliency. We become better listeners with practice tuning in; we become wiser as we get to know ourselves from the inside out.

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