

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Aqua Aerobics - Rachel</p>	<p>2</p> <p>5:15a Bootcamp- Adam 9:00a Yoga - Lauren</p>	<p>3</p> <p>6:30a Pilates - Rachel 9:00a Yoga - Lauren 5:30p Aqua Aerobics - Rachel</p>	<p>4</p> <p>5:15a Bootcamp- Adam</p>	<p>5</p> <p>6:30a Roller Foam Fridays- Rachel 9:00a Stretch &amp; Balance - Lauren</p>	<p>6</p> <p>8:00a Zumba -Vickie 9:00a Yoga- Heidi</p>
7	<p>8</p> <p>6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>9</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John 9:00a Yoga - Lauren</p>	<p>10</p> <p>6:30a Pilates - Rachel 9:00a Yoga - Lauren 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>11</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John</p>	<p>12</p> <p>6:30a Roller Foam Fridays- Rachel 9:00a Stretch &amp; Balance - Lauren</p>	<p>13</p> <p>9:00a Yoga- Heidi</p>
14	<p>15</p> <p>6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>16</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John 9:00a Yoga - Lauren</p>	<p>17</p> <p>6:30a Pilates - Rachel 9:00a Yoga - Lauren 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>18</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John</p>	<p>19</p> <p>6:30a Roller Foam Fridays- Rachel 9:00a Stretch &amp; Balance - Lauren</p>	<p>20</p> <p>9:00a Yoga- Heidi</p>
21	<p>22</p> <p>6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>23</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John 9:00a Yoga - Lauren</p>	<p>24</p> <p>6:30a Pilates - Rachel 9:00a Yoga - Lauren 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>25</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John</p>	<p>26</p> <p>6:30a Roller Foam Fridays- Rachel 9:00a Stretch &amp; Balance - Lauren</p>	<p>27</p> <p>8:00a Zumba -Vickie 9:00a Yoga- Heidi</p>
28	<p>29</p> <p>6:30a Pilates - Rachel 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>	<p>30</p> <p>5:15a Bootcamp- Adam 8:00a Cardio Strength -John 9:00a Yoga - Lauren</p>	<p>31</p> <p>6:30a Pilates - Rachel 9:00a Yoga - Lauren 5:30p Cardio Strength -John 5:30p Aqua Aerobics - Rachel</p>			

## Fitness Class Descriptions

**Cardio Strength:** A total body workout combining aerobic movements and strength exercises using a variety of equipment.

**Zumba:** A high energy dance class with a Latin influence to get you moving to burn fat, get stronger, and have fun.

**Yoga:** A time to connect and calm the mind, body and spirit— through movements to improve overall flexibility and strength.

**Bootcamp: High-intensity interval training (HIIT)** class combining strength and cardio full-body movements, that will keep you sweating and your calories burning.

**Total Body Stretch:** Full body and brain stretch for flexibility and cognitive; an immune boost.

**Sculpt & Stretch:** A muscle-toning class focused primarily on core and body muscle strength using a variety of equipment. Stretching element is included to increase the flexibility of the functional muscles to create leaner and tone look.

**Mat Pilates:** Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

**Foam Rolling:** Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. Releasing tension from your trigger points in a foam roll class also enables your muscles to stretch more easily.

**Aqua Aerobics:** A fun and cooler way to get your body moving and in shape. Take the pressure of the body's joints, and get your heart rate up in this invigorating water class.