



MEMBER INCLUSIVE CLASSES

A.M. FIT Join us for a high intensity workout! This is a like-minded group of movement enthusiasts dedicated to expanding our fitness levels!

BODY CONDITIONING A conditioning class which incorporates all major muscle groups, concentrating on strength and endurance.

 **FLOW YOGA** This class concentrates on balancing and energizing the body with breath by combining a variety of yoga techniques.

 **IYENGAR YOGA** This is a system of yoga emphasizing strength, balance, and alignment. The instructor is BKS Iyengar certified and our classes are designed for all levels.

PILATES This mat-based Pilates class can easily be adapted to all fitness levels. The class focuses on awareness of body movements, through enhanced breathing, spinal flexibility, balanced muscular development and improved postural alignment.

BREATHING AND MOVEMENT

This class is primarily a seated exercise session incorporating some standing balance work. The class is designed for aging adults featuring instructions on safe and effective movements and stretching. Exercises, emphasize breathing, posture and strength.

BREATHING AND MEDITATION

This is a 30 minute guided meditation session using gentle breathing and biofeedback based techniques.

CORNIEBALL™

This is an indoor chair racket ball sport. It is a unique class to 1333Fit and is designed as an adaptive game specialized for individuals with unique ambulatory or mobility considerations. Great for the aging population who enjoy a friendly competitive environment.

ZUMBA GOLD Designed to be approachable by all ages, regardless of fitness levels, with the simple goal of moving and have fun to motivating and lively music!

OPEN SESSIONS (OS)

We also offer Member Inclusive Open Sessions (OS) as additional group exercise opportunities. These open sessions may be led by class participants as independent workouts in a group environment.

POP-UP SPIN Oriented toward a high energy, cardiovascular, sixty minute workout designed for individuals with prior indoor cycling experience.

PICKLEBALL BASICS What is thirty-three percent tennis, thirty-three percent badminton and thirty-four percent ping-pong, equal? 100 percent fun! Enjoy the basics during our Pickle Ball Basic open sessions. Our Pickle Ball group welcomes you!

T'ai CHI Often described as meditation in motion, this ancient graceful exercise is used for stress management and wellness.

WEEKLY CLASS SCHEDULE



MARCH 2020



HAVE YOU TRIED ONE OF OUR YOGA CLASSES?

SUN	MON	TUES	THUR	FRI	SAT
9 - 12:00 PM Doubles Open (OS)					8:45 - 9:45 AM Pop-Up Spin (OS)
9:30 - 10:30 AM Zumba Gold! GENNY P.	9:30 - 10:00 AM T'ai Chi (OS)		8:30 - 10:00 AM Pickleball Basics (OS)	9:30 - 10:00 AM T'ai Chi (OS)	
11 - 12:00 PM Pilates HILDA	10:15 - 11:00 AM Breath & Move PHIL		9:30 - 10:00 AM T'ai Chi (OS)	10:15 - 11:00 AM Breath & Move GENI	10:15 - 11:15 AM Body Condition MELINDA
			10:15 - 11:00 AM Cornieball GENI8	11:15 - 11:45 AM Breath & Meditate GENI	11:30 - 12:45 PM Iyengar Yoga ROBIN
		6 - 7:00 PM Body Condition MELINDA	5:00 - 6:15 Iyengar Yoga ROBIN	6:15 - 7:30 PM Flow Yoga RICHARD	
	7 - 8:00 PM Pop-Up Spin (OS)		7 - 8:00 PM Pop-Up Spin (OS)		

Please remember to always check-in with the Front Desk Staff before attending any class. This helps us ensure accurate class attendance counts.

A DEDICATED HOUR LONG WORKOUT
WITH LIKE-MINDED,
GOAL ORIENTATED INDIVIDUALS

JOIN US FOR

A.M. **FIT**

FREQUENCY + INTENSITY + TIME

WEDNESDAY A.M.

JOIN US FOR A HIGH INTENSITY WORKOUT!
A like-minded group of movement enthusiasts
dedicated to expanding their fitness levels with our
recommended posted workout sessions.

Join us once a week **Wednesday Mornings**

MONTHLY MEMBERSHIP RATES

INDIVIDUAL	SENIOR	RESIDENT
69.	55. <i>beginning at age 55</i>	45. <i>1333 Gough leaseholders exclusive</i>

+95. ONE-TIME INITIATION FEE

MEMBERSHIPS RATES ARE PER INDIVIDUAL.

GUEST PASSES

SINGLE PASS	CLASS SERIES	FULL SERIES
15. <i>per class.</i>	125. <i>10 class passes.</i>	200. <i>10 class passes with full facility privileges.</i>



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A.M. **FIT**

FREQUENCY + INTENSITY + TIME

*SEE INSIDE FOR DETAILS.

WEDNESDAY A.M.



FITNESS CENTER HOURS
M-F 6 AM - 9PM • -S 8 AM - 6PM

MARCH
1333FIT.COM

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