



FREE FITNESS WEEKEND CLASS DESCRIPTIONS

Yoga for Lifters (And Everyone in Between)

Whether you're into weight lifting, cross-training or none of the above, this hands-on workshop will use yoga postures and key techniques to help you develop better alignment, range of motion, and functional flexibility.

Kettlebell Clinic

This clinic is ideal for newcomers to the kettlebell and also those who have been training but want to refine and perfect their technique. You will learn: Squat, for a mobile and strong lower body; Swing (beginning with the Deadlift), for power and conditioning; Turkish Get-up, for whole-body strength and skill; and the Military Press: for strong and stable shoulders.

Stronger Core Clinic

Core exercises are an important part of a well-rounded fitness program. Aside from occasional sit-ups, core exercises are often neglected. Learn how to maximize your core during exercise and in everyday activities

Debunking Yoga Poses

Explore yoga postures that are considered by many to be advanced, inaccessible, or simply intimidating. We will break down each component of the posture, and show modifications in order to experience them in ways that work for our unique bodies.

HIIT Me Up

Why suffer through an intense workout without a good pal by your side? It's easier to withstand a brutal burn with someone else by your side. So grab a friend and burn some calories with this high intensity workout.

FREE FITNESS WEEKEND CLASS SCHEDULE

DATE	TIME	INSTRUCTOR	CLASS
Friday, 3/1	9–10 am	Stan	Stronger Core
Saturday, 3/2	9–10 am	Luisana	Kettlebell Clinic
Saturday 3/2	11:15 am–12:15 pm	Rebecca	Yoga for Lifters
Sunday, 3/3	9–10 am	Phillip	Debunking Yoga
Sunday 3/3	10–11 am	Luisana & Nancy	HIIT Me Up