

# THE REC CENTER AT WISTERIA FITNESS SCHEDULE: FEBRUARY 2-6

## MONDAY, FEBRUARY 2

### 5:30pm: Les Mills BodyPump

Les Mills Bodypump™ is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit — fast. Using a Les Mills Smartbar and Smartstep, you'll work all your major muscles as you increase aerobic fitness and build strength. The encouragement, motivation, and great music you get in a BodyPump class will leave you feeling energized, confident and powerful, while getting you fitter, faster.

## WEDNESDAY, FEBRUARY 4

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Cardio Combo

Engage in 30 minutes of high-energy cardio and strength moves to jumpstart your day. This class offers a variety of exercises to challenge your current fitness level and keep you on track to smash your goals.

### 2:45pm: Yoga Express

Revitalize your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome.

### 5:30pm: Les Mills BodyPump

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## THURSDAY, FEBRUARY 5

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

### 5:30pm: Intro to Pilates

This introductory, 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

### 6:30pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

## FRIDAY, FEBRUARY 6

### 5:30pm: LYT Yoga

LYT Yoga is an energizing, core-based vinyasa method created by physical therapist Lara Heimann, who incorporated her own background in neurodevelopmental rehabilitation. This class assists in rewiring the brain and reestablishing more optimal movement patterns in your yoga practice and life.

# THE REC CENTER AT WISTERIA FITNESS SCHEDULE: FEBRUARY 9-13

## MONDAY, FEBRUARY 9

### 7:15am: Intro to Tabata

This class is a beginner-friendly class that introduces you to high-intensity interval training (HIIT) using simple movements to build strength and boost cardiovascular endurance. You'll experience a fast and effective workout using the Tabata format of 20 seconds of work followed by 10 seconds of rest.

### 8am: Yoga Flow

A mid-afternoon cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

### 9:30am: Intro to Pilates

This introductory, 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

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### 5:30pm: Les Mills BodyPump

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## WEDNESDAY, FEBRUARY 11

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Cardio Combo

Engage in 30 minutes of high-energy cardio and strength moves to jumpstart your day. This class offers a variety of exercises to challenge your current fitness level and keep you on track to smash your goals.

### 2:45pm: Yoga Express

Revitalize your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome.

### 5:30pm: Les Mills BodyPump

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## THURSDAY, FEBRUARY 12

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

### 5:30pm: Intro to Pilates

This introductory, 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

### 6:30pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

## FRIDAY, FEBRUARY 13

### 5:30pm: LYT Yoga

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# THE REC CENTER AT WISTERIA FITNESS SCHEDULE: FEBRUARY 16-20

## MONDAY, FEBRUARY 16

### 7:15am: Intro to Tabata

This class is a beginner-friendly class that introduces you to high-intensity interval training (HIIT) using simple movements to build strength and boost cardiovascular endurance. You'll experience a fast and effective workout using the Tabata format of 20 seconds of work followed by 10 seconds of rest.

### 8am: Yoga Flow

A mid-afternoon cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

### 9:30am: Intro to Pilates

This introductory, 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

### 5:30pm: Les Mills BodyPump

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## WEDNESDAY, FEBRUARY 18

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Cardio Combo

Engage in 30 minutes of high-energy cardio and strength moves to jumpstart your day. This class offers a variety of exercises to challenge your current fitness level and keep you on track to smash your goals.

### 2:45pm: Yoga Express

Revitalize your day with a 30-minute vinyasa flow. Set the intention of self-awareness for the rest of your day! All levels welcome.

### 5:30pm: Les Mills BodyPump

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## THURSDAY, FEBRUARY 19

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

### 5:30pm: Intro to Pilates

This introductory, 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

### 6:30pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

## FRIDAY, FEBRUARY 20

### 5:30pm: LYT Yoga

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# THE REC CENTER AT WISTERIA FITNESS SCHEDULE: FEBRUARY 23-26

## MONDAY, FEBRUARY 23

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

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## WEDNESDAY, FEBRUARY 25

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Cardio Combo

Engage in 30 minutes of high-energy cardio and strength moves to jumpstart your day. This class offers a variety of exercises to challenge your current fitness level and keep you on track to smash your goals.

### 2:45pm: Yoga Express

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### 5:30pm: Les Mills BodyPump

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## THURSDAY FEBRUARY 26

### 12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

### 2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

### 5:30pm: Intro to Pilates

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### 6:30pm: Yoga Flow

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