November 2019 Group Exercise Schedule - Verandah Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Classes subject to change *Call 214-761-7878 for updates*	***12pm Basketball Pickup Game Mon, Wed, Fri*** 					
3 *11am Foam Rolling* ***Tiffaney*** ***DAYLIGHT SAVINGS TIME ENDS***	***4*** *6am Cardio Sculpt* ***Tiffaney*** *12pm HIIT* ***Tiffaney*** *5:30pm Zumba* ***Keisha*** ***12pm Basketball*** 	***5*** 6am Indoor Cycling **Al** *6am Yogalates* ***Alyson*** ***930am TRX***** ***Cher*** *1100am Hatha Yoga* ***Tiffaney*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***6*** *6am Cardio Sculpt* ***Patti*** *12pm CORE+* ***Tiffaney*** *5:30pm Yogatoned* ***Toni*** *6:15pm Stretchtoned* ***Toni*** ***12pm Basketball*** 	***7*** 6am Indoor Cycling ***Tiffaney*** *6am Yoga* ***Alyson*** *1030am Gentle Yoga* ***Tiffaney*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***8*** 6am Cardio Sculpt ***Patti*** *1115am Stretch & Meditation* ***Tiffaney*** ***12pm TRX***** ***Tiffaney*** ***12pm Basketball*** 	***9*** *7:15am H2O Aerobics* ***Toni*** *8:30am Yogatoned* ***Toni*** *9:15am Stretchtoned* ***Toni*** *10:00am TRX*** ***Cancelled***
10 *12pm Restorative Yoga* ***Alyson***	***11*** *6am Cardio Sculpt* ***Tiffaney*** *12pm HIIT* ***Tiffaney*** *5:30pm Zumba* ***Cancelled*** ***12pm Basketball*** 	***12*** *6am Indoor Cycling* **Al** *6am Yogalates* ***Alyson*** ***930am TRX***** ***Cher*** *1100am Hatha Yoga* ***Tiffaney*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***13*** *6am Cardio Sculpt* ***Patti*** *12pm CORE+* ***Tiffaney*** *5:30pm Yogatoned* ***Toni*** *6:15pm Stretchtoned* ***Toni*** ***12pm Basketball*** 	***14*** 6am Indoor Cycling ***Tiffaney*** *6am Yogatoned* ***Toni*** *1030am Gentle Yoga* ***Tiffaney*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***15*** 6am Cardio Sculpt ***Patti*** *1115am Stretch & Meditation* ***Tiffaney*** ***12pm TRX***** ***Tiffaney*** ***12pm Basketball*** 	***16*** *7:15am H2O Aerobics* ***Toni*** *8:30am Yogatoned* ***Toni*** *9:15am Stretchtoned* ***Toni*** *10:00am Pilates* ***Toni*** ***10:00am TRX***** ***Cher***
17 *11am Foam Rolling* ***Tiffaney***	***18*** *6am Cardio Sculpt* ***Tiffaney*** *12pm HIIT* ***Tiffaney*** *5:30pm Zumba* ***Cancelled*** ***12pm Basketball*** 	***19*** *6am Indoor Cycling* **Al** *6am Yogalates* ***Alyson*** ***930am TRX***** ***Cher*** *1100am Hatha Yoga* ***Tiffaney*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***20*** *6am Cardio Sculpt* ***Patti*** *12pm CORE+* ***Tiffaney*** *5:30pm Yogatoned* ***Toni*** *6:15pm Stretchtoned* ***Toni*** ***12pm Basketball*** 	***21*** 6am Indoor Cycling ***Tiffaney*** *6am Yoga* ***Alyson*** *1030am Gentle Yoga* ***Tiffaney*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***22*** 6am Cardio Sculpt ***Patti*** *1115am Stretch & Meditation* ***Tiffaney*** ***12pm TRX***** ***Tiffaney*** ***12pm Basketball*** 	***23*** *7:15am H2O Aerobics* ***Toni*** *8:30am Yogatoned* ***Toni*** *9:15am Stretchtoned* ***Toni*** ***10:00am TRX***** ***Cher***
24 *12pm Restorative Yoga* ***Alyson***	***25*** *6am Cardio Sculpt* ***Toni*** *12pm HIIT* ***James*** *5:30pm Zumba* ***Keisha*** ***12pm Basketball*** 	***26*** *6am Indoor Cycling* **Al** *6am Yogalates* ***Alyson*** ***930am TRX***** ***Cher*** *1100am Hatha Yoga* ***Cancelled*** *12pm Xpress Fit 30* ***Jay / Thor*** *5:30pm Boot Camp* ***Tarence***	***27*** *6am Cardio Sculpt* ***Patti*** *4:00pm Yogatoned* ***Toni*** ***12pm Basketball*** **CLOSED @ 5pm**	***28*** ***CLOSED***	***29*** *11:00am Yogatoned* ***Toni*** Christmas at the Anatole Begins ***12pm Basketball*** 	***30*** *7:15am H2O Aerobics* ***Toni*** *8:30am Yogatoned* ***Toni*** *9:15am Stretchtoned* ***Toni*** ***10:00am TRX***** ***Cher***

Hotel Guests - $10 per class, **Denotes Specialty Class - $15 Members / $25 Non-Members

Class Descriptions

Barre (45 min) Low impact, full-body weight work meant to sculpt your entire body!

Boot Camp (45 min) Intense full-body conditioning that will push you to your civilian limits using a mixture of plyometrics, weight-based exercises and running.

Cardio Sculpt (45 min) Total body workout using weights and other fitness tools to tone your muscles mixed with cardio intervals to get your heart rate up.

CORE+ (45 min) Fun upbeat core class. Develop a conscious connection to your core-improving body posture and body awareness. Usage of stability and small Pilates balls will be a core element of this class.

Foam Rolling 101 (45 min) This class is to show you how to use the foam roller and other tools to release muscle tension and relax the body.

Gentle Yoga (45 min) Gentle Yoga is postures that anybody can actually follow and adjust with props or just within your own comfort level.

HIIT (45 min) High Intensity Interval Training that alternates short periods of intense anaerobic exercise with less intense recovery periods.

H20 Aerobics (60 min) Low Impact aerobic workout in the pool using water resistance and core.
Indoor Cycling (60 min) Maximize calories burned with this intense indoor cycling workout.
This class is located in the Kinesis room, Bikes DO have SPD pedals.

Kickboxing (45-60min) Take out your frustrations on our kickboxing bags with punch and kick combos to increase balance, coordination, endurance, speed and flexibility while toning abs, hips and thighs.

Pilates Body (45-60 min) Improve your posture, flexibility and balance with this intense core class.

Vinyasa Flow (45 min) This class is a flowing, dynamic sequence of posses with synchronizing the breath while doing a continuous flow of postures.

Stretchtoned (45 min) Focusing on physical flexibility, this flowing session is excellent for those who desire a more traditional stretch class with basic yoga and/or Pilates® elements. Longer holds with the class divided between 30%, sitting, 30% standing, and 40% mat work.

Stretch & Meditation (45 min) Stretching while clearing your mind, being relaxed and inward focusing.

TRX (45 min) Suspension training that uses body weight exercises to develop strength balance, flexibility and core stability. ** **Specialty Class $15 Members / $25 Non-Members** **

Yogatoned (45 min) A non-purist yoga approach to strength and stretching. This class incorporates Ashtanga-based poses along with Pilates® to create a class for fitness enthusiasts who want a workout with the benefits of traditional yoga. This is an intermediate class but beginners are welcome.

Xpress Fit 30 (30 min) Full body workout for all levels. Keeping your body in shape/tone through a mix of 15 exercises which include weights, abs, cross training and stretches to music in a quick 30 minute invigorating workout.

Yogalates (45 min) This is a fusion class combining Yoga + Pilates.

Zumba (45 min) Cardio style dance using upbeat music to keep you moving and to work up a sweat.

Personal trainers are available at the Verandah.
Prices begin at: $65 for 1 hour session / $55 for a 45 minute session / $45 for 1/2 hour session.
To inquire about training please call the Fitness Director, James Cruthird at (214) 761-7895.

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