

# Hybrid Training, Water Aerobics & Yoga Class Schedule

## 09 SEPTEMBER

**Hybrid Training:** A combination of cardio, resistance, and core movements that will increase your endurance, fire up your metabolism, and improve your strength.

**Classes:** Lower Body, Upper Body and Full Body  
**Duration:** 45 minutes  
**Instructor:** Ashley Wallace

**Water Aerobics:** A combination of low impact cardio and water resistance training

**Duration:** 30-45 minutes  
**Instructor:** Ashley Wallace

**Flow Yoga:** An energizing practice available for all levels from beginners to regularly practicing yogis. Modifications offered for beginner, intermediated, and advanced students.

**Duration:** 75 minutes  
**Instructor:** Shona Noyola  
**Facilitator:** Ashley Wallace

**Chair Yoga:** Yoga poses have been modified to be practiced sitting on a chair or using a chair for support. Includes gentle stretching, strength and balance poses

**Duration:** 75 minutes  
**Instructor:** Shona Noyola  
**Facilitator:** Ashley Wallace

9/04	9/05	9/06	9/07	9/08
CLOSED	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day
9/11	9/12	9/13	9/14	9/15
5:15a Lower Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day
9/18	9/19	9/20	9/21	9/22
5:15a Lower Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day
9/25	9/26	9/27	9/28	9/29
5:15a Lower Body 9:30a Water Aerobics	No Yoga Classes	5:15a Full Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day
10/02	10/03	10/04	10/05	10/06
5:15a Lower Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	5:15a Full Body 9:30a Water Aerobics	5:15a Upper Body 8:30a Flow Yoga 10:30a Chair Yoga	Rest Day