



RED HAWK

SWIM & FITNESS

Summer Studio2 Class Schedule

Effective May 1st, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	INSANITY MICHELLE	SPIN/STRENGTH LIZ/TISHA	INSANITY MICHELLE	SPIN/STRENGTH LIZ/TISHA	INSANITY MICHELLE		
6:00 AM	BODYBURN W/TRX DIANA N.	SPINNING HEATHER	SPIN/STRENGTH DENISE	SPINNING HEATHER	SPIN/STRENGTH CHRISTI		
7:00 AM		AB BLAST* JENN M.		AB BLAST* JENN M.		SPINNING LIZ	
7:30 AM	SPINNING CHANTAL	BODY SCULPT JENN M.	SPINNING CHANTAL	BODY SCULPT JENN M.	SPINNING LIZ		
8:00 AM						T.B.C. DENISE	BODYBURN W/TRX DIANA N.
8:30 AM		SPINNING CHANTAL	WILLPOWER&GRACE DENISE	SPINNING DENISE			
9:00 AM						YOGA AMANDA/ROBIN	TURBO KICK JEN R.
9:00 AM	AQUA EX LISA @ POOL	AQUA EX LISA @ POOL	AQUA EX MEGAN @ POOL	AQUA EX JENN @ POOL	AQUA EX MEGAN @ POOL	AQUA EX DENISE @ POOL	
9:30 AM	YOGA MEGAN	BODYBURN W/TRX DIANA N.	YOGA KATHLEEN	BODYBURN W/TRX DIANA N.	YOGA ROBIN/AMANDA		
10:00 AM							VINYASA YOGA LAURIE
10:30 AM	TAI CHI RODNEY	GENTLE YOGA CAROLE	TAI CHI AMANDA N.	GENTLE YOGA CAROLE	TAI CHI RODNEY	GENTLE YOGA CAROLE	
11:30 AM	BODYBURN W/TRX DIANA N.		BODYBURN W/TRX DIANA N.		BODYBURN W/TRX DIANA N.		
4:00 PM	KID YOGA AMANDA	KID FIT AMANDA	KID YOGA JEA	KID FIT AMANDA	KID FIT MEGAN		
4:45 PM		JR CROSS TRAINERS AMANDA		JR CROSS TRAINERS AMANDA			
5:00 PM	T.B.C. DENISE		T.B.C. DENISE				
5:30 PM		CROSS TRAINING AMANDA		MAT PILATES AMANDA	YOGA KATHLEEN		
6:00 PM	SPINNING CHRISTI		SPINNING ADINE				
6:30 PM		SPINNING LIZ		SPINNING LIZ			
7:00 PM	YOGA ROBIN		YOGA ROBIN				
7:30 PM		VINYASA YOGA JEA		RESTORATIVE YOGA AMANDA			

Non members pay \$5 per class at Studio2

Punch Cards available; 12 classes only \$50, Kid Pass only \$30 for 10 classes!

For additional information please call (775) 626-8699 or visit RedHawkGolfandResort.com

Studio2 is located at 6414 Wingfield Springs Road, Sparks, NV 89436 #ExperienceRedHawkStudio2

STUDIO 2 CLASS DESCRIPTIONS

-AB BLAST- You don't need fancy workout equipment like machines or inflatable balls to work out your abdominal muscles... All you need is Ab blast! This class focuses on flattening the abs in 25 minutes!!

-BODY BURN with TRX - Use a variety of equipment to move through a series of exercises designed to challenge both your heart and all major muscle groups.

-BODY SCULPTING- is a strength training workout that combines flexibility and cardiovascular conditioning using free weights and bands. It is designed to shape and tone the body without building muscular size or bulk. It is highly recommended to those who want to lose weight because it helps retain lean muscle tissue while boosting metabolism. Any fitness level can enjoy. Every instructor has their own sculpting style!! Try them all.

-CROSS TRAINING- Are you tired of the same old workouts? This program is for you! Cross Training is a strength and conditioning program that uses a mixture of high intensity aerobics, gymnastics (body weight), and weight lifting exercises to increase muscular strength, endurance, and flexibility overall improving individual fitness levels.

-GENTLE SCULPT- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and other props are offered for resistance. A chair is used for seated or standing support.

-GENTLE YOGA- Whether you are in good health and just need to maintain wellness, or you are recuperating from an injury or have a limiting health condition- Gentle Yoga is for you! Like our basic yoga class, gentle yoga focuses on the basic movements and breathing techniques for those who are limited in movement or just want a calmer version of a basic yoga class.

-INSANITY- You work flat out in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt. That's how you get in such insane shape!

-KID FIT- Focuses on getting your kids fit and healthy through an exercise program that is fun, safe, effective!

-KID YOGA- Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

-RESTORATIVE YOGA- Restorative Yoga (All Levels). This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind.

-SPINNING- Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

-TAI CHI- Tai Chi is an ancient form of exercise that originated in China. Tai Chi is meditation, concentration, balance, stretching and flexibility. It also helps lower stress. Although Tai Chi is not an aerobic exercise, it does develop stamina, balance, muscle strength and control as well as tranquility in both mind and body. Tai Chi has many benefits for all ages and levels of fitness.

-TURBO KICK- Turbo Kick is the hottest exercise class around! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout. Turbo Kick is a new high energy class that mixes aerobics with martial arts and hip-hop. This class is interval based and is good for participants of any fitness level. Expect lots of upper cuts, jabs, jumps, along with kicks and, more importantly, lots of sweat!

-VINYASA YOGA- is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Class builds heat, endurance, flexibility, and strength. Vinyasa as a form is always evolving and teachers weave together wisdom teachings, poetry and music that can inspire physical, energetic, mental, intuitive, and pure bliss states of consciousness.

-willPower & grace - A formatted fusion of postures and drills, willPower & grace® is the high-energy, cardiovascular solution that mind-body practitioners have been looking for. In this class you will experience the benefits of cardio-sculpt, the intensity of boot-camp, the self awareness of a yoga practice, the discipline of Pilates & the uplifting philosophy of a meditation session. willPower & grace integrates the smartest and safest barefoot training methods to strengthen your feet while progressively correcting imbalances in your ankles, knees and hips. This unique workout appeals to “morning moms”, sports athletes, and teens, but must be experienced to be understood.

-YOGA – Meaning “Union” - unites the mind with the body and the body with the soul. Yoga is an ancient art and philosophy that involves both mind and body and is aimed at self-development and self-realization. The physical practice of yoga involves performing postures (asanas) and using controlled breathing and meditation to stretch and tone the body and improve circulation and movement.