

RED HAWK Members Class Schedule

SWIM & FITNESS

Effective August 14th, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	INSANITY <i>Michelle @ Studio2</i>	SPIN BLAST <i>Liz @ Studio2</i>	INSANITY <i>Michelle @ Studio2</i>	SPIN BLAST <i>Erica @ Studio2</i>	INSANITY <i>Michelle @ Studio2</i>		
5:30 AM		STRENGTH BLAST <i>Tisha @ Studio2</i>		STRENGTH BLAST <i>Erica @ Studio2</i>			
6:00 AM	POWER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	POWER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	POWER PILATES <i>Diana L. @ the gym</i>		
6:30 AM		SPINNING <i>Heather @ Studio2</i>		SPINNING <i>Heather @ Studio2</i>			
7:00 AM	POWER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	POWER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	POWER PILATES <i>Diana L. @ the gym</i>		
7:30 AM						SPINNING <i>Liz @ Studio2</i>	
7:30 AM	SPINNING <i>Chantal @ Studio2</i>	BODY SCULPT <i>Jenn M. @ Studio2</i>	SPINNING <i>Chantal @ Studio2</i>	BODY SCULPT <i>Jenn M. @ Studio2</i>			
8:00 AM	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Stacey @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Stacey @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	POWER PILATES <i>Diana L. @ the gym</i>	
8:00 AM						T.B.C. <i>Denise @ Studio2</i>	BODY BURN W/TRX <i>Diana N. @ Studio2</i>
8:30 AM	POWER PILATES <i>Kila @ the gym</i>	REFORMER PILATES <i>Stacey @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Laura @ the gym</i>
9:00 AM						YOGA <i>Robin/Amanda@Studio2</i>	VINYASA YOGA <i>Laurie @ Studio2</i>
9:00 AM	AQUA EX <i>LISA @ POOL</i>	AQUA EX <i>LISA @ POOL</i>	AQUA EX <i>MEGAN @ POOL</i>	AQUA EX <i>JENN @ POOL</i>	AQUA EX <i>MEGAN @ POOL</i>	AQUA EX <i>DENISE @ POOL</i>	
9:30 AM		BODY BURN W/TRX <i>Diana N. @ Studio2</i>	VINYASA YOGA <i>Kathleen @ Studio2</i>	BODY BURN W/TRX <i>Diana N. @ Studio2</i>	YOGA <i>Robin/Amanda@Studio2</i>		
9:30 AM	POWER PILATES <i>Kila @ the gym</i>	JUMP PILATES <i>Laura @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Laura @ the gym</i>
10:30 AM	TAI CHI <i>Rodney @ Studio2</i>	GENTLE YOGA <i>Carole @ Studio2</i>	TAI CHI <i>Amanda N. @ Studio2</i>	GENTLE YOGA <i>Carole @ Studio2</i>	TAI CHI <i>Rodney @ Studio2</i>	GENTLE YOGA <i>Carole @ Studio2</i>	
10:30 AM	POWER PILATES <i>Kila @ the gym</i>	JUMP PILATES <i>Laura @ the gym</i>	STRETCH & RECOVER <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	STRETCH & RECOVER <i>Diana L. @ the gym</i>		REFORMER PILATES <i>Laura @ the gym</i>
11:30 AM	BODY BURN W/TRX <i>Diana N. @ Studio2</i>		BODY BURN W/TRX <i>Diana N. @ Studio2</i>		BODY BURN W/TRX <i>Diana N. @ Studio2</i>		
11:30 AM	STRETCH & RECOVER <i>Diana L. @ the gym</i>	STRETCH & RECOVER <i>Laura @ the gym</i>	STRETCH & RECOVER <i>Diana L. @ the gym</i>	STRETCH & RECOVER <i>Lisa @ the gym</i>	STRETCH & RECOVER <i>Diana L. @ the gym</i>		
12:30 PM	STRETCH & RECOVER <i>Diana L. @ the gym</i>		STRETCH & RECOVER <i>Diana L. @ the gym</i>		STRETCH & RECOVER <i>Diana L. @ the gym</i>		
4:00 PM		KID FIT <i>Amanda @ Studio2</i>	KID FIT <i>Erica @ Studio2</i>	KID FIT <i>Amanda @ Studio2</i>			
4:00 PM	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Kila @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>		
5:00 PM	T.B.C. <i>Denise @ Studio2</i>		T.B.C. <i>Denise @ Studio2</i>				
5:00 PM	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	BOOTCAMP PILATES <i>Kila @ the gym</i>			
5:30 PM		CROSS TRAINING <i>Amanda @ Studio2</i>		MAT PILATES <i>Amanda @ Studio2</i>	YOGA <i>Kathleen @ Studio2</i>		
6:00 PM	SPINNING <i>Christi @ Studio2</i>		SPINNING <i>Adine @ Studio2</i>				
6:00 PM	BOOTCAMP PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Diana L. @ the gym</i>	REFORMER PILATES <i>Lisa @ the gym</i>	REFORMER PILATES <i>Kila @ the gym</i>			
6:30 PM		SPINNING <i>Liz @ Studio2</i>		SPINNING <i>Liz @ Studio2</i>			
7:00 PM	YOGA <i>Robin @ Studio2</i>		YOGA <i>Robin @ Studio2</i>				
7:30 PM		VINYASA YOGA <i>Jea @ Studio2</i>		RESTORATIVE YOGA <i>Amanda @ Studio2</i>			

Please have membership card available when checking into classes.

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

STUDIO 2 CLASS DESCRIPTIONS

-AQUA AEROBICS- This is a shallow water cardiovascular workout. Low impact, with little choreography, designed to increase the heart rate. Great workout for abdominals, buttocks and thighs .

-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 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!

-MAT PILATES– This class is to strengthen the body's “powerhouse,” a **Pilates** term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes.

-REFORMER PILATES - Appropriate for all levels. These classes are designed to improve core strength and stability, heighten body awareness, and develop lean and toned muscles. These classes combine props and exercises for a full-body Pilate's workout. Reformer Pilates helps improve range of movement, increase coordination, and boost stamina. POWER kicks it up a notch! JUMP brings in some cardio! BOOTCAMP does it all!!

-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!

-STRETCH & RECOVER PILATES- Beneficial for people with injuries, arthritis, or stiffness. Recover from surgeries with this light exercise class (with doctors ok).

-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.

-T. B. C. (Total Body Conditioning) - Does just that! Weights, Bands, Bosu, Benches and/or the Ball... You just never know what you might get in this great full body work out! Increase strength and condition your body.

-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.

-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.