

	SUNDAY	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
5:15		HITT INFERNO 30 MIN	TABATA W/ WEIGHTS 30 MIN	BODY BLAST 30 MIN	METABOLIC WORKOUT 45 MIN	METCOM HIIT 30 MIN
6:00		PILATES HIIT 25 MIN	HARD BODY 45 MIN	KICKBOX 20 MIN	TABATA W/ WEIGHTS 30 MIN	KILLER UPPER BODY 30 MIN
6:30					CYCLE KAREN	
7:30				CYCLE BRONWEN	CYCLE SUE	
8:15	BODY COMBAT CRIS	BODYFLOW SARAH	TABATA BRONWEN	FUSION SUE	CXWORX KATHLEEN	BODYPUMP SUE <hr/> YOGA AMY B 60 MIN <hr/> AQUAFIT KATHLEEN/ CAROLYN
9:15			AQUAFIT KATHLEEN		AQUAFIT CAROLYN	AQUAFIT KATHLEEN
9:30	BODYFLOW CRIS 60 MIN	OUTDOOR BOOTCAMP ZACHARY MEET AT TOC	FUSION BRONWEN	BODYPUMP BRONWEN	FOREVER ACTIVE KATHLEEN	CXWORX SUE 30 MIN
10:30					SH'BAM KATHLEEN	BODYWEIGHT 30 MIN
12:00	BARRE + PILATES 30 MIN	BODY BLAST 30 MIN	YOGA CARDIO 30 MIN	CORE KILLER 30 MIN	CARDIO KICKBOXING 30 MIN	BARRE + PILATES 30 MIN
5:00	YOGA SARAH 60 MIN					HARD CORE YOGA FLOW 40 MIN
5:30				PILATES JAYNE		TABATA W/ WEIGHTS 30 MIN
6:15		BODYPUMP CRIS 60 MIN	YOGA SARAH 60 MIN	AQUAFIT CAROLYN	YOGA CAROL 60 MIN	
7:30		HARD CORE YOGA FLOW 40 MIN		VINYASA YOGA 30 MIN		
8:00			XTREME BURN 30 MIN		HEAVY WEIGHT HIIT 25 MIN	

EFFECTIVE: SEPTEMBER 14, 2020 | CLASSES SUBJECT TO CHANGE

ALL CLASSES 45 MIN UNLESS NOTED | AQUAFIT & CYCLE WILL NOT BE VIRTUAL

ONLINE REGISTRATION REQUIRED FOR INSTRUCTOR LED CLASSES

FITNESS ON DEMAND: We are now offering virtual classes in the group fitness studio!

No more than 9 participants per class. No latecomers admitted to classes.

AQUAFIT

A total body workout that will get you running & kicking in the water.

BODYCOMBAT

Les Mills BODYCOMBAT is an energy-packed mix of martial arts moves that will get you fit, fast and strong—and leave you feeling fierce and empowered.

BODYFLOW

An exercise-to-music yoga, tai chi and pilates workout. You'll feel long, strong, centered and calm.

BODYPUMP

A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

CXWORX

Exercising muscles around the core, work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. Exercising muscles around the core provides the vital ingredient for a stronger body.

FOREVER ACTIVE

A low impact workout on the step & with weights to strengthen and balance.

FUSION

Fusion combines a variety of strength, core, balance & stretching each week. This class is low impact and is suitable for all levels.

OUTDOOR BOOTCAMP

4 week progressive strength and conditioning program. Single station, minimal equipment, full body interval circuits

PILATES

Strength and flexibility training focusing on the core and mind body awareness.

SH'BAM

A fun-loving, insanely addictive dance workout SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

TABATA

A high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

YOGA

High energy flow class moves at a brisk pace and incorporates all areas of practice: standing poses and balances, back bends, hip openers, arm balances, core toning and floor work. The class is cued to All Levels (modifications and options for advancement are offered).

HIIT INFERNO/XTREME BURN

Fast paced combo of dynamic functional strength moves and cardio bursts

PILATES HIIT

Pilates core strengthening moves combined with cardio bursts

TABATA W/WEIGHTS

Strength and cardio exercises in 4 minute blocks of work

BODY BLAST/ BODYWEIGHT

No equipment full body workout to sculpt your abs, arms, back, butt, chest, core, glutes, hips, legs, shoulders, thighs and more

HARD CORE YOGA FLOW

Traditional yoga flow w/ dynamic core movements

VINYASA YOGA

Relaxing easy to follow yoga routine- release tension & improve flexibility

BARRE + PILATES

A fusion of cardio barre  and pilates

YOGA CARDIO

Yoga flow connecting breathe to movement

HARD BODY

Full body workout - circuits using weights and body weight exercises

HEAVY WEIGHT HIIT

Workout focuses on building strength, explosive power and cardio.

CORE KILLER

Exercises to build core strength and endurance

CARDIO KICKBOXING

Warm-up with basic strikes & technique work, then you'll jump into 5 rounds of straight shadowboxing.

KICK BOX

Fast paced kickboxing moves focusing on the lower body

METABOLIC WORKOUT

Strength and Cardio circuits

METCOM HIIT

Challenging metabolic HIIT circuits working the entire body

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VIRTUAL CLASSES AVAILABLE FOR THOREAU MEMBERS ONLY. CLASSES SUBJECT TO CHANGE. ALL CLASSES 45 MIN UNLESS NOTED. AQUAFIT AND CYCLE WILL NOT BE VIRTUAL

FITNESS ON DEMAND:

NEW AT THOREAU - We are now offering virtual classes in the group fitness studio!

No more than 9 participants per class. Registration required. No latecomers admitted to classes.

If you choose to engage in our virtual classes, you then agree to do so at your own risk, assume all risk of injury to yourself and agree to release The Thoreau Club from any and all claims or causes of action known or unknown arising out of our virtual classes.