


November 2020 CLASS MASH UP

Classes are registered for individually. All programs will maintain 2m of physical distancing at all times and use minimum of equipment. All participants must bring their own mats, yoga props (if necessary) and filled water bottles. Cancellations with 48 hours of notice or more will be credited to account and all classes will require a minimum of 5 participants to run. A reminder that Tuscany Residents Association Membership fees must be paid to access the facility and register for classes.

Sunday, Nov 1	Monday, Nov 2	Tuesday, Nov 3	Wednesday, Nov 4	Thursday, Nov 5	Friday, Nov 6	Saturday, Nov 7
		9:30-10:30am Triple Sweat Gym #5076				9:00-10:00am Cardio Tennis Tennis Courts/Gym #5047
	1:30-2:30pm Gentle Yoga Banquet Room #5063	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5068		10:00-11:00am Gentle Stretch Banquet Room #5057		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #5072		6:00-7:00pm Body Tuning Gym #5080		
7:00-8:00pm Restorative Yoga Banquet Room #5042	7:00-8:00pm Fit Happens Gym #5084	6:30-7:30pm Zumba Gym #5089	7:00-8:00pm Hatha Flow Yoga Banquet Room #5051	7:00-8:00pm Power Yoga Banquet Room #5061		
Sunday, Nov 8	Monday, Nov 9	Tuesday, Nov 10	Wednesday, Nov 11	Thursday, Nov 12	Friday, Nov 13	Saturday, Nov 14
		9:30-10:30am Triple Sweat Gym #5077	Remembrance Day			9:00-10:00am Cardio Tennis Tennis Courts/Gym #5048
	1:30-2:30pm Gentle Yoga Banquet Room #5064	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5069		10:00-11:00am Gentle Stretch Banquet Room #5058		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #5073		6:00-7:00pm Body Tuning Gym #5081		
7:00-8:00pm Restorative Yoga Banquet Room #5043	7:00-8:00pm Fit Happens Gym #5085	6:30-7:30pm Zumba Gym #5090		6:30-7:30pm Power Yoga Banquet Room #5054		
Sunday, Nov 15	Monday, Nov 16	Tuesday, Nov 17	Wednesday, Nov 18	Thursday, Nov 19	Friday, Nov 20	Saturday, Nov 21
		9:30-10:30am Triple Sweat Gym #5078				9:00-10:00am Cardio Tennis Tennis Courts/Gym #5049
	1:30-2:30pm Gentle Yoga Banquet Room #5065	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5070		10:00-11:00am Gentle Stretch Banquet Room #5059		
		6:00-7:30pm Barre/Stretch Banquet Room #5074		6:00-7:00pm Body Tuning Gym #5082		4:00-6:30pm Restorative Yoga Workshop Banquet Room #5026
7:00-8:00pm Restorative Yoga Banquet Room #5044	7:00-8:00pm Fit Happens Gym #5086	6:30-7:30pm Zumba Gym #5091	7:00-8:00pm Hatha Flow Yoga Banquet Room #5052	7:00-8:00pm Power Yoga Studios #5062		

Sunday, Nov 22	Monday, Nov 23	Tuesday, Nov 24	Wednesday, Nov 25	Thursday, Nov 26	Friday, Nov 27	Saturday, Nov 28
		9:30-10:30am Triple Sweat Gym #5079				9:00-10:00am Cardio Tennis Tennis Courts/Gym #5050
	1:30-2:30pm Gentle Yoga Banquet Room #5066	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5071		10:00-11:00am Gentle Stretch Banquet Room #5060		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #5075		6:00-7:00pm Body Tuning Gym #5083		
7:00-8:00pm Restorative Yoga Banquet Room #5045	7:00-8:00pm Fit Happens Gym #5087	6:30-7:30pm Zumba Gym #5092	7:00-8:00pm Hatha Flow Yoga Banquet Room #5053	6:30-7:30pm Power Yoga Banquet Room #5055		
Sunday, Nov 29	Monday, Nov 30					
	1:30-2:30pm Gentle Yoga Banquet Room #5067					
7:00-8:00pm Restorative Yoga Banquet Room #5046	7:00-8:00pm Fit Happens Gym #5088					

Monica Espinosa	Michelle Hines	Sabina Zhetipisova	Kristy Karpa	Carolyn Bedford	Ameira Steidl	Lynn Ann
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CLASS DESCRIPTIONS

Ballet Barre & Conditioning (Sabina Zhetpisova)

A winning combination of ballet, core engagement and upper and lower body toning. Build strength from the inside out. Weights are optional. Great for all levels.

Ballet Barre & Gentle Stretch Combo *90 minutes* (Sabina Zhetpisova)

This program will be a combo of 60 minutes of Ballet Barre and 30 minutes Gentle Stretch. Two popular programs rolled together in one class. Great for all levels.

Body Tuning (Michelle Hines)

This class focuses on tuning up the body with minimal equipment. High muscular endurance combined with high reps, sets, and rest to see results. Limited impact & cardio. All fitness levels welcome.

Cardio Tennis (Willie Jung)

Cardio Tennis is a fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. It includes a warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories, you ought to try Cardio Tennis.

Fit Happens (Ameira Steidl)

This interval-based class will use minimal equipment to strengthen, tone and shape the body. Each class will focus on functional movement to keep you fit and strong. All levels are welcome. Equipment will be provided but participants must bring a mat to each class.

Gentle Yoga (Carolyn Bedford)

This gentle yoga class will include yin and hatha poses. Great for all levels.

Gentle Stretch (Sabina Zhetpisova)

Increase muscle control, flexibility and range of motion with this dedicated stretching class. Great for all levels.

Hatha Flow Yoga (Kristy Karpa)

This gentle strengthening stretching class gives time support, and instruction to truly understand how the body works. Learn proper alignments of the yoga poses and breathing techniques. Participants must bring all their own yoga props.

Power Yoga (Carolyn Bedford)

This is a more dynamic version of traditional yoga. It is a faster, more intense and the focus is more on building strength. Participants must bring all their own yoga props.

Restorative Yoga (Monica Espinosa)

This yoga class combines yoga with gentle movements that are designed for gentle movement to increase joint mobility, stress release and therapeutic healing. Poses are held longer and props are used to support poses. Participants must bring all their own yoga props to each class.

Triple Sweat (Michelle Hines)

This class is guaranteed to bring on a good sweat with the combination of cardio, strength, and core exercises. Every class will be different and will focus on different body parts each week. It may sound intimidating but it's not - all fitness levels welcome as modifications are always provided.

Zumba (Lynn Ann Goodings)

This fitness class combines dance and fitness moves. Inspired by Latin dance and music, it uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body.