

78FITNESS

Monday to Saturday

6 am - 8 pm

Sunday

7:30 am - 6 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	7:45 to 8:45 Vinyasa Yoga Pepper	8:00 to 9:00 Beginner Yoga Alex	Open Studio or Fitness On Demand	9:00 to 10:30 Vinyasa Yoga Pepper
9 to 10 Aqua Rachel	9 to 10 Aqua Tina	9 to 10 Aqua Joni	9 to 10 Aqua Kathy	9 to 10 Aqua Tina	9 to 10 Aqua Tina
10:30 to 11:25 Bootcamp Megan	10:30 to 11:25 Flow Motion & Stretch Deane	9:00 to 9:30 Step Kathy	10:00 to 10:50 Core Strength & Balance Deanne	9:00 to 9:30 Cardio & Abs Kathy	Open Studio or Fitness On Demand
11:30 to 12:00 Beginner Tai Chi Megan	11:30 to 12:00 Boxing Megan	9:30 to 10:25 Strength Training Kathy	11:00 to 11:50 Endurance Strength Megan	9:30 to 10:25 Strength Training Kathy	Open Studio or Fitness On Demand
Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	10:30 to 11:25 Yoga Megan	Open Studio or Fitness On Demand	10:30 to 11:30 Cardio Dance Megan	Open Studio or Fitness On Demand
Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	
530PM to 630PM Stretch & Strengthen Yoga Javier	Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	Open Studio or Fitness On Demand	530PM to 630PM Stretch & Strengthen Yoga Javier	

Class Descriptions

Aqua (all levels)	Get a killer workout without the added stress on your joints. Jump in and get ready for a heart-pumping workout along with light strength training using hydro-fit water weights. Work your way through easy-to-follow, repetitive combinations for all fitness levels. It's sure to make you break a sweat!
Step	
Cardio Dance	A fun-for-all-ages class consisting of aerobic and dance moves, incorporating them into a high energy dance routine! Cooling down with stretching exercises.
Cardio Tone	This class combines beginner and intermediate aerobic exercise with light strength and resistance training. Perfect for all fitness levels.
Total Body Conditioning	Incorporates cardio, strength, and sculpt for a total body workout!
Zumba®	An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party!
HIIT	High Intensity Interval Training: Short bursts of high energy aerobic workouts followed by periods of active rest burns more fat in less time.
Pedal & Pump	Maximize calories burned while building full-body strength by working out on and off the bike.
Gentle Yoga	Great for any fitness level. This style of Yoga uses modifications of the Hatha Yoga poses, focusing on relaxation and flexibility.
Partner Yoga	This class is not just for romantic partners. Working with a partner can help you move past your own self-limiting ideas of what you can and can't do while deepening your Yoga practice. Don't have a partner? Don't worry! We'll set you up with another Yogi.
Pilates	Strengthen and stretch muscles uniformly in a series of Pilates floor exercises. Develop stability, strength, flexibility, & balance by using precision & concentrated effort. All fitness levels welcome!
Yin/Yang Yoga	A combination of Yin Yoga & Yang Yoga. Yin Yoga penetrates deep into connective tissue, increasing flexibility, aiding in healing, increasing energy flow, & loosening energetic blockages. Yang Yoga is traditional Hatha Yoga that helps develop muscular strength, stamina, & flexibility.
Yoga	Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance, while helping to relieve stress and help to focus on relaxation. As you exercise, you will meditate on what your body is feeling and try to be "one with the universe". All levels are welcome.
Yoga Flow	An athletic form of Ashtanga Yoga, emphasizing on flowing, standing posture movements, focusing on strength & flexibility. Recommended for intermediate/advanced participants. Prepare to work & sweat.
Yoga on the Ball	A series of different Hatha Yoga poses and movements performed on the stability ball.
Beginner Tai Chi	This class uses gentle flowing movements accompanied by deep breathing to fight stress, improve balance, and increase flexibility. With minimal stress on joints and muscles this ancient Chinese tradition places the body in constant soothing motion.
Meditation Yoga	This class focuses on slowly, with time and space, releasing the tensions of the body and distractions of the mind. All levels are welcome.
Toning	A series of different core exercises to help tone and strengthen all of your core muscles.
Tone Your Bones	Low impact workout that strengthens and stretches the muscles by using weights. It's different every time to maximize results. Come and change your body!
Strength Training	Challenge yourself with intervals of strength & resistance for a full body workout.
Cardio with Stretch & Tone	Starting with cardio and followed by beginner level strength/resistance training class with deep stretching between muscle groups..All fitness levels are welcome.
Forever Fit	This class will include cardio, light weights, flexibility and balance exercises. All fitness levels are welcome.
Open Studio or Fitness On Demand	Whenever there is no aerobic instructor teaching class, the studio is open for use. This includes Fitness on Demand. This program allows you to take an instructor lead class virtually!



To keep up to date with everything 78 Fitness, and to see our latest group exercise schedule, visit us at [Facebook.com/KingstonSpaAndFitness](https://www.facebook.com/KingstonSpaAndFitness).