


TYNDALL FITNESS AEROBIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
All classes are held in R2 except noted otherwise.	0530-0545 HITT 45 Cristi	Wake up your whole body with this heart pumping interval class and start your day feeling great!			
	Fit for 2 0700—0800 Cristi	No Fit for 2 on the 7th Tue	Fit for 2 0700—0800 Cristi		
**Registration is required to take Fit for 2 and pre & postnatal yoga class. Please stop by at the front desk for more infor-				0800-0900 Toning Yoga Misty	
0900-1000 TBC Nobuko	0900-1000 Yoga Nobuko	0900-1000 Zumba Nobuko	0900-1000 Yoga Misty	0900-1000 Zumba Cristi	0900-1000 Zumba Cristi
1000-1050 **Pre/postnatal Yoga Misty		1000-1050 **Pre/postnatal Yoga Misty		1000-1100 Kettlebell Basics Nobuko	Fit for 2 1030—1130 Cristi
1100-1200 TRX Nobuko	1100-1145 H.I.I.T 45 Cristi	1100-1145 H.I.I.T 45 Cristi	1100-1200 Core Pilates Cristi	1100-1145 H.I.I.T 45 Misty	
1200-1245 H.I.I.T 45 Misty	1200-1300 Step & Strength Nobuko	1200-1300 Yoga Misty	1200-1245 H.I.I.T 45 Misty		
1700-1800 *@Rm3: H.I.I.T 60 Jeff	1700-1800 Yoga Tanya	1700-1800 *@Rm3: H.I.I.T 60 Jeff	1700-1800 Yoga Tanya	5pm Tue/Thu yoga classes are back!!	
1800-1900 Yoga Katie	New Class!	1800-1900 YIN Yoga Katie			

Classes are subject to short notice cancellation

TYNDALL FITNESS INDOOR CYCLING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
		0530 Nobuko			
IC6 New Bike! 	1100 Nobuko		1100 Nobuko		
1600 Shelle	Ending your day with these great classes!				
	1700 Angie		1700 Angie		

Indoor Cycling: Indoor cycling class using the weighted flywheel fixed bike. Fun and sometimes challenging intensity (endurance, strength, Interval, HIIT) will keep you going. Please arrive 10 minutes early as a new participant for instructor assisted bike fitting.

Total Body Conditioning (TBC): This circuit class will provide total body exercise by combining various strength and aerobic workouts.

H.I.I.T 60: Total Body, heart pumping, aerobic, and strength conditioning workout. This interval-based class combines full body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Yoga: A foundational, user-friendly yoga class designed to improve the health, performance, and mental acuity of any individual.

Zumba: This class features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating!

Step & Strength: This class consists of step aerobics for 40 minutes and 15 minutes of strength exercise. Continuous flowing movement with step aerobics will improve your stamina, strength routine, and enhance your muscular strength and endurance.

Core Pilates: This class will blend the classical Pilates Methods and other exercises which use light weights and props. Strong emphasis on core muscles strengthening and also work on balance and flexibility. Modifications are always offered for beginners and those with physical limitations.

Kettlebell Basics: Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness (endurance, strength, balance, agility, and cardio endurance). This class teaches fundamental kettlebell movements.

Barre Above: Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout; not only fun and dynamic but will sculpt your body and get you into absolutely amazing shape.

YIN Yoga: The postures are mostly done reclined or seated and are held for longer periods of time (3-5 minutes). This allows for increased circulation in the joints and improved flexibility. In this meditative class we journey inward, cultivating a sense of inner peace and stillness.

Fit for 2: This fusion exercise class will blend both cardio and strength training in one session! You'll experience the body strengthening and the heart-health benefit. Modifications are always provided for individual's need.