



THE EXCHANGE



Group Exercise Schedule

Valid through December 20

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
12:05-12:50 PM	Powerwave Ankur	Total Strength Tess	Tabata Core Pixie	Strong by Zumba Tony	Bootcamp Pixie
5:15-6:10 PM	Starting Nov 25 Yoga Ankur Paid		Small Group Aerial Yoga Pixie Paid		

Included with membership

User Paid, and Small Group Training

Drop in Members: \$15

Non-Members: \$18

Punch Card & Full Registration email for more info

Advanced registration recommended

Classes & instructors
are subject to change
without notice

exchange@curtishealth.com

Group Exercise Class Descriptions

<u>Class Type</u>	<u>Description</u>
Powerwave	A high intensity class using the battle ropes, dumbbells, body weight and many other tools, to build upper body and core strength.
Total Strength	This class is an energetic 45 minute full body workout. Using your own body weight, kettle bells, TRX, BOSU, and a whole variety of equipment to spice up your workout.
Tabata Core	Continuous class of 20 seconds core work, 10 seconds rest. Perfect for all levels. We use a variety of tools to help you increase core stability, and strength.
Strong by Zumba	Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move.
Bootcamp	A mix of cardiovascular conditioning, agility drills, strength training, and stretching, using a variety of equipment.
Yoga	Combine strength, and posture building movements with breath, to help build muscle strength and flexibility. This is a fun, and challenging class.
Aerial Yoga	Decompress your spine, release your shoulders, and hips, while strengthening your core. This fun and challenging class uses our aerial hammock to tone, and stretch. Register in advance to secure your spot.

Yoga & Small Group Training

Yoga Full Registration (Nov 25 – Dec 16)

Members - \$40

Non-Members - \$60

Drop-ins, yoga and aerial:

Members - \$15

Non-Members - \$18

10 x Punch Card

Members: \$130

Non-Members: \$150

Can be used for both yoga, and aerial yoga. 1 punch/class

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