

Glassy Wellness Typical Monthly Schedule

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
Hours of Operation: 5am-9pm Staffed Hours: Mon-Friday 7am-5pm, Sat 9am-4pm, Sun 10am-4pm.		1 <u>9-10am</u> Yoga with Joan <u>11-11:45am</u> Water Fitness	2 <u>7-7:45am</u> Power 45 \$ <u>8-8:55am</u> Cycle <u>9-10am</u> Pilates	3 <u>7-7:45am</u> Power 45 \$ <u>11-11:45am</u> Water Fitness	4 <u>8-8:55am</u> Interval Blast <u>9-10:15am</u> Yoga w/Joan <u>10:30-11am</u> Just Balance	5
6	7 <u>8-8:55am</u> Cycle <u>9-9:55am</u> Golf Conditioning <u>10-11am</u> Pilates All Levels	8 <u>9-10am</u> Yoga with Joan <u>11-11:45am</u> Water Fitness	9 <u>7-7:45am</u> Power 45 \$ <u>8-8:55am</u> Cycle <u>9-10am</u> Pilates	10 <u>7-7:45am</u> Power 45 \$ <u>11-11:45am</u> Water Fitness	11 <u>8-8:55am</u> Interval Blast <u>9-10:15am</u> Yoga with Joan <u>10:30-11am</u> Just Balance	1
13	14 <u>8-8:55am</u> Cycle <u>9-9:55am</u> Golf Conditioning <u>10-11am</u> Pilates All Levels	15 <u>9-10am</u> Yoga with Joan <u>11-11:45am</u> Water Fitness	16 <u>7-7:45am</u> Power 45 \$ <u>8-8:55am</u> Cycle <u>9-10am</u> Pilates	17 <u>7-7:45am</u> Power 45 \$ <u>11-11:45am</u> Water Fitness	18 <u>8-8:55am</u> Interval Blast <u>9-10:15am</u> Yoga with Joan <u>10:30-11am</u> Just Balance	1
20	21 <u>8-8:55am</u> Cycle <u>9-9:55am</u> Golf Conditioning <u>10-11am</u> Pilates All Levels	22 <u>9-10am</u> Yoga with Joan <u>11-11:45am</u> Water Fitness	23 <u>7-7:45am</u> Power 45 \$ <u>8-8:55am</u> Cycle <u>9-10am</u> Pilates	24 <u>7-7:45am</u> Power 45 \$ <u>11-11:45am</u> Water Fitness	25 <u>8-8:55am</u> Interval Blast <u>9-10:15am</u> Yoga with Joan <u>10:30-11am</u> Just Balance	2
27	28 <u>8-8:55am</u> Cycle <u>9-9:55am</u> Golf Conditioning <u>10-11am</u> Pilates All Levels	29 <u>9-10am</u> Yoga with Joan <u>11-11:45am</u> Water Fitness	30 <u>7-7:45am</u> Power 45 \$ <u>8-8:55am</u> Cycle <u>9-10am</u> Pilates	31 <u>7-7:45am</u> Power 45 \$ <u>11-11:45am</u> Water Fitness		

GLASSY WELLNESS CLASS & EVENT DESCRIPTIONS:

CYCLE: Mondays and Wednesdays, 8-8:55am

Cycling is a great, no-impact cardio workout with fun music and camaraderie! All levels are welcome to participate. Please sign up online for only one class at a time. If the class is full, add your name to the wait list. If your plans change and you cannot attend, please remove your registration promptly so that someone on the wait list will be notified

GOLF CONDITIONING: Mondays, 9-9:55am

Golf Conditioning helps improve strength at impact, flexibility to help "the turn", and sequencing. It will also help balance on difficult lies and endurance throughout a round. This is an intermediate level class. All levels are welcome. Beginners are encouraged to work at their own pace

PILATES: Mondays, 10-11am, All Levels / Wednesdays, 9-10am, Intermediate

Pilates is a method of conditioning that trains both body and mind. The equipment and movements work the deeper structural core muscles.

YOGA: Tuesdays, 9-10am / Fridays, 9-10:15am

Get fit and grounded. Our Yoga classes welcome everyone, regardless of fitness level or yoga experience. You will learn and practice techniques of controlling the body and the mind.

POWER 45: Wednesdays & Thursdays, 7-7:45am

Fun, energetic circuit designed to build strength and fitness through a variety of intense group intervals.

WATER FITNESS: Tuesdays & Thursdays, 11-11:45am

Water fitness classes are designed for all levels and abilities. We will provide necessary modifications for you to adjust your workout and improve your health with the benefits of water. Aquatic training allows you to get a balanced workout that is easy on your joints, and addresses the muscles that gravity assists on land

INTERVAL BLAST: Fridays, 8-8:55am

Interval Blast will REV YOUR METABOLISM. Commit to burning some serious calories while you have fun. Interval Blast combines 20 seconds of hard work with 10 seconds of recovery moves. These short sequences have been proven as effective, or more effective, than longer-duration exercise at lower intensities. Everyone is welcome, all moves can be adapted for your body.

JUST BALANCE: Fridays, 10:30-11am

30 minutes focused on BALANCE!