

# TWC Group Class Schedule

WINTER 2017

@ 538 S Main St, Cambridge



## **Bronze: \$50/month\***

Up to 12 Classes/month

## **Silver: \$75/month\***

Up to 20 Classes/month

## **Gold: \$100/month\***

Unlimited Classes/month

## **10-Class Package: \$75**

6 month expiry

## **5-Class Package: \$42.50**

3 month expiry

## **Drop-in Option**

Pay-as-you-go \$10.00 per class.

**Free use of lockers and showers when attending class.**

\* Must be on Automatic Payment to qualify for Bronze, Silver, or Gold Status.

Class descriptions on back.  
Cancellations due to Extreme Weather Conditions will be posted on the website, facebook page, and via email to students.

# January—March 2017

[www.totalwellnesscoachingmn.com](http://www.totalwellnesscoachingmn.com)

763 237 3245

[info@totalwellnesscoachingmn.com](mailto:info@totalwellnesscoachingmn.com)

Time	Class	Instructor
<u>Monday</u>		
5:30-6:30AM	Warrior Road Ride*	Adam
8:00-9:00AM	TRX Circuit	Sheila
9:00-10:00AM	Sculpt & Tone	Tina
4:00-5:00PM	Hatha/Kriya Yoga	Amy
5:15-6:15PM	Spin Sculpt*	Monica
5:15-6:15 PM	Rockin' Strength	Sheila
6:30-7:15PM	TRX Circuit	Tiffany
<u>Tuesday</u>		
5:30-6:30AM	Cycle Circuit*	Robyn
9:00-10:00AM	Yoga Core Fusion	Stephanie
4:00-5:00PM	Core & Conditioning	Rachel
5:30-6:15PM	Step /Dance	Sheila
6:30-7:30PM	Spin Sculpt*	Sheila
<u>Wednesday</u>		
5:30-6:30AM	TRX Circuit	Tina
5:15-6:15PM	Rockin' Strength	Tiffany
5:30-6:30PM	Contact Kickboxing	Sheila
6:30-7:15PM	Cycle Circuit*	Tiffany
<u>Thursday</u>		
5:00-6:00AM	Cycle Circuit*	Julie
9:00-10:00AM	Yoga Core Fusion	Stephanie
4:00-4:45PM	Core & Conditioning	Kristie
5:30-6:15PM	Cardio Circuit	Kristie
6:30-7:30PM	Kettlebell Fusion	Sheila
<u>Friday</u>		
8:00-9:00AM	Cardio/Strength	Sheila
9:15-10:15AM	Gentle Yoga Stretch	Jennifer
<u>Saturday</u>		
8:00-9:00AM	Cardio Circuit	Rotation
8:00-9:00AM	Spin Yoga*	Julie
9:15-10:00AM	Saturday Strength	Rotation
<u>Sunday</u>		
5:00-6:00PM	Restorative Yoga	Amy

BRING your OWN MAT, Water Bottle, & Supportive, Clean Tennis Shoes.

\*Must pre-register online to guarantee a bike

**SCHEDULE subject to CHANGE**

Please "LIKE" TWC on facebook

# Class Descriptions

**Cardio Circuit:** A cardio class that will incorporate Step, Cardio Kickboxing, Tabata, HIIT, and more! Come in and get your cardio in!

**Cardio/Strength:** This class will combine your cardio workout along with strength training for a total body workout. Lots of variety keeps you motivated and keeps your body transforming. If you need to tone up and burn some calories, this is the place to be!

**Contact Kickboxing:** A fun, cardiovascular workout. This is contact, using pads, gloves, bags, and more. You build strength, endurance, and core while having a blast!

**Core & Conditioning:** Focus on developing good core strength and balance; while at the same time giving all your major muscle groups a good workout. A perfect class for alleviating & preventing lower back pain by building your core stabilizers.

**Cycle Circuit:** A fun hour of zero impact cardiovascular, incorporating intervals, hills, speed, endurance, jumps, and more!

**Gentle Yoga Stretch:** A slower pace yoga class, focusing on core strength and flexibility; offering more modifications, if needed.

**Hatha / Kriya Yoga:** In this yoga class, we will be focusing on mindfulness and intention in breathing and movement. There may be times when we flow the poses and there may be times when we workshop (break poses down into their component parts). At all times, we will joyfully be practicing connecting and re-connecting all parts of our selves.

**Kettlebell Fusion:** A total body workout using Kettlebells to build strength, cardiovascular endurance, core, power, and flexibility. You will be using a wide variety of equipment for this class, including TRX, boxing, and more. Anything goes in this fun new class!

**Restorative Yoga:** This class puts the "ahhhh" in yoga. All poses are held between 3 - 9 minutes, giving the body and the mind time to fully release. The emphasis on breathing and mindfulness nourishes all parts of your being. It's a great way to finish up a weekend and set your calmly-focused sight on the week ahead.

**Rockin' Strength:** This is a group "strength training class" geared for both men and women, designed to strengthen every major and minor muscle group. Strength training is an important component to maintaining lean body mass and bone density. You will gain lean muscle mass, gain strength & endurance in the muscle, and develop a "cut" and toned look.

**Saturday Strength:** A strength class using a wide variety of equipment, including dumbbells, bodyweight, TRX, Kettlebells, and more! Check the schedule for the class that week!

**Sculpt & Tone:** A strength class using a wide variety of equipment to sculpt and tone your body, building lean muscle to keep you strong for life.

**Spin Sculpt:** A great way to get your strength and cardio done in one workout! You will be doing strength on and/or off the bike using various equipment.

**Spin Yoga:** A fun class that gives you the cardiovascular benefit of cycling and the core, strength, flexibility, and balance benefits of yoga.

**Step / Dance:** A high intensity cardiovascular workout using the step or cardio dance. Burn heaps of calories / fat and leave feeling energized! The most fun you will have during your work week. ODD days = Step; EVEN days = Dance.

**TRX Circuit:** A fun, challenging bodyweight workout that builds strength, balance, and endurance; while working your CORE the whole time!

**Warrior Road Ride:** You will be taken on a ride weekly to simulate a road ride; doing endurance, hills, tempos, and more.

**Yoga Core Fusion:** This class is a diverse mix of Vinyasa style Yoga, upbeat music and a focus on working your entire body. It will also blend some traditional yoga practices, such as meditation and breath awareness to bring you back to balance.

**Cardio Circuit  
Saturdays 8am—9am  
Jan—March 2017**

	<b><u>Class</u></b>	<b><u>Instructor</u></b>
<b>Jan 7</b>	<b>TABATA</b>	<b>Kristie</b>
<b>Jan 14</b>	<b>Cardio Games</b>	<b>Tiffany</b>
<b>Jan 21</b>	<b>Cardio Dance</b>	<b>Sheila</b>
<b>Jan 28</b>	<b>Cardio Circuit</b>	<b>Kristie</b>
<b>Feb 4</b>	<b>Cardio Kickboxing</b>	<b>Sheila</b>
<b>Feb 11</b>	<b>TABATA</b>	<b>Rachel</b>
<b>Feb 18</b>	<b>Cardio Games</b>	<b>Tiffany</b>
<b>Feb 25</b>	<b>Cardio Circuit</b>	<b>Tina</b>
<b>Mar 4</b>	<b>Step it Up!</b>	<b>Sheila</b>
<b>Mar 11</b>	<b>Cardio Games</b>	<b>Tiffany</b>
<b>Mar 18</b>	<b>Cardio Circuit</b>	<b>Rachel</b>
<b>Mar 25</b>	<b>HIIT</b>	<b>Kristie</b>

**Saturday Strength  
Saturdays 9:15—10am  
Jan—March 2017**

	<u>Class</u>	<u>Instructor</u>
<b>Jan 7</b>	<b>Rockin' Strength</b>	<b>Kristie</b>
<b>Jan 14</b>	<b>TRX Circuit</b>	<b>Tiffany</b>
<b>Jan 21</b>	<b>TRX Circuit</b>	<b>Sheila</b>
<b>Jan 28</b>	<b>Rockin' Strength</b>	<b>Kristie</b>
<b>Feb 4</b>	<b>TRX Circuit</b>	<b>Sheila</b>
<b>Feb 11</b>	<b>Rockin' Strength</b>	<b>Tina</b>
<b>Feb 18</b>	<b>TRX Circuit</b>	<b>Tiffany</b>
<b>Feb 25</b>	<b>TRX Circuit</b>	<b>Tina</b>
<b>Mar 4</b>	<b>Rockin' Strength</b>	<b>Sheila</b>
<b>Mar 11</b>	<b>Rockin' Strength</b>	<b>Tiffany</b>
<b>Mar 18</b>	<b>TRX Circuit</b>	<b>Tina</b>
<b>Mar 25</b>	<b>Rockin' Strength</b>	<b>Kristie</b>