

# ***Fitness Sampler***

## ***\*Schedule\****

**January 12th—Intro Class**

***Meet the instructors and learn about proper warm up, cool down, and basic exercise techniques.***

**January 26th—Equipment Introduction**

***Become familiar with using cardio and weight room equipment.***

**February 9th—Pool Class Intro**

***Become comfortable in the water by trying aquatic exercises while utilizing various pool equipment.***

**February 23rd—Spin Intro**

***Learn different riding techniques and drills as well as how to properly set up a Keiser Spin bike to fit your body as you get a taste of this great workout.***

**March 8th—BootCamp/Circuit Intro**

***Experience the challenge and variety of a BootCamp/Circuit style class.***

**March 22nd—Yoga Intro**

***Try a beginner Hatha yoga class which will include a Vinyasa sequence and basic meditation techniques.***

**April 5th—TRX Intro**

***Become familiar with setting up a TRX (suspension training system) and go through some fun basic exercises.***

**April 19th—Zumba Intro**

***Experience the reason why this latest fitness trend is so popular by trying out a basic class.***