

FITNESS CENTER SCHEDULE



MONDAY

GENTLE HATHA YOGA WITH MIRELLA

7:00 - 8:15 PM



TUESDAY

HIIT - HIGH INTENSITY INTERVAL TRAINING WITH NICK

12:00 - 1:00 PM



WEDNESDAY

DYNAMIC HATHA YOGA WITH MIRELLA

6:30 - 7:30 AM



THURSDAY

TEEN BOOT CAMP

TEMPORARILY CANCELED



FRIDAY

CORE ON THE FLOOR

7:00 - 8:00 AM



CLASS DESCRIPTIONS

GENTLE HATHA YOGA | MONDAY 7:00-8:15PM

An all levels class. Beginning with a restorative posture, then utilizing breath and dynamic movements - moving in and out of a pose several times before holding it to warm up the body and aid in proper alignment. We take time to stop and workshop particular poses if people want or need to learn more about them. Each class has a theme and poses, chosen in a series to prepare for a short meditation.

The last Monday of each month will be a restorative class.

HIIT | TUESDAY 12:00-1:00PM

High Intensity Interval Training aimed at blasting calories and building muscle.

DYNAMIC HATHA YOGA | WEDNESDAY 6:30-7:30AM

An all levels class. We will move from one pose to another fluidly. Within each pose, there is great emphasis on where we place the inhalation versus the exhalation - guiding us to move effectively while keeping our alignment. Dynamic movement is utilized - moving in and out of a pose several times before holding it to warm up the body. Each class has a theme and poses, chosen in a series to prepare for a short meditation.

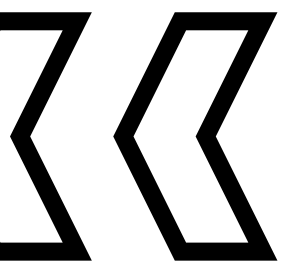
The last Monday of each month will be a restorative class.

TEEN BOOT CAMP | TEMPORARILY CANCELED

This class is temporarily canceled. We are actively looking for an instructor that is available during after school hours. We will keep you posted. Thank you for your recent interest and participation.

CORE ON THE FLOOR | FRIDAY 7:00-8:00AM

An all-level class. A low impact fitness class aimed at elevating the heart rate to moderate zones while focusing on total body strengthening and mobilization.



TEACHER BIOS



MIRELLA

Mirella wears many hats and each one makes her a better teacher and a more powerful leader every day. She learns so much from her children - listening and seeing the world through their eyes always opens hers much wider. Mirella was an avid Toastmaster for over five years, this helps her step back and find the right words to make her message clearest when teaching and presenting. As a leadership coach, she has a similar job, and her goal here is to present your message in the clearest voice and the best light.

Mirella created Identity Development Partners in 2009, incorporating design, branding and coaching. Her communications and leadership skills combined with yoga offer a unique perspective on branding identities for individuals and businesses.

In 2013, Mirella began studying Para Yoga with Rod Stryker, one of the finest yoga and meditation teachers in the world. Mirella became a certified Hatha and Prenatal Yoga teacher in 2004. Her teaching style and yoga practice, of over fifteen years, has evolved with a focus on pranayama, restorative yoga and meditation. She would like to share with you how connecting with our subconscious mind is most powerful in our everyday lives.



NICK

Nick Chabon is a Certified Strength and Conditioning Specialist and a Certified Athletic Trainer who works as an Athletic Trainer with CU Sports Medicine. He comes to us with over 10 years of experience as a group fitness instructor and personal trainer. He specializes in pain management, injury rehabilitation and the design and instruction of strength and conditioning workouts/programs for elite athletes and everyday people looking to transform their lifestyles and bodies. His goal is to address your fitness needs and connect the body with the mind and spirit through safe, fun and sophisticated group fitness instruction!