










The Yards Fitness Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|---|---|---|---|
| 6:15 AM | BREAKFAST CLUB (60 MIN) |  | BREAKFAST CLUB (60 MIN) |  | FUN FRIDAYS (30 MIN) |
| 6:30 AM | | CORE & STRETCH (30 MIN) | | CORE & STRETCH (30 MIN) | |
| 7:15 AM | CORE QUICKIE (15 MIN) | | CORE QUICKIE (15 MIN) | | FUN FRIDAYS (30 MIN) |
| 7:30 AM | | T.B.C. (30 MIN) | | T.B.C. (30 MIN) |  |
| 11:45 AM | | CORE & STRETCH (30 MIN) | | CORE & STRETCH (30 MIN) | |
| 12:00 PM | TOTAL BODY BLAST (30 MIN) |  | TOTAL BODY BLAST (30 MIN) |  | LAST CHANCE WORKOUT (30 MIN) |
| 12:30 PM | | CORE & STRETCH (30 MIN) | | CORE & STRETCH (30 MIN) | |
| 5:30 PM | T.B.C. (30 MIN) | LOWER BODY BLAST (30 MIN) | Progressive Stretching (30 MIN) | UPPER BODY BLAST (30 MIN) |  |
| 6:00 PM |  | CORE QUICKIE (15 MIN) |  | CORE QUICKIE (15 MIN) |  |

CARDIO ♦ **FLEXIBILITY** ♦ **STRENGTH** ♦ **ENDURANCE**

THINK IT. FEEL IT. FEED IT.

In order to maximize your class time and ensure a safe and effective workout, please allow for extra time to adequately warm-up and cool-down. The Yards Staff recommends arriving 10 minutes prior to class to warm-up and staying 5-10 minutes after class to cool-down. The Yards Staff can advise you on proper warm-up and cool-down procedures.



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at **The Yards Athletic Club**

CLASS DESCRIPTIONS

BREAKFAST CLUB – A boot camp style class that includes cardio, strength and interval training followed by stretching

CORE & STRETCH - Increase your balance and stability; strengthen your abdominals, oblique's and lower back

CORE QUICKIE - Strengthen your core; concentrated abdominal and back workout along with a series of revitalizing stretches

LOWER BODY BLAST -Tone and strengthen your glutes, hamstrings, quadriceps, and calves

LAST CHANCE WORKOUT - 30 minutes of heart pumping action

PROGRESSIVE STRETCHING – Usable flexibility through safe and gradual work that builds both the passive and active flexibility for injury resistant joints and muscles

T.B.C. (TOTAL BODY CONDITIONING) – Cardiovascular, resistance, and isolation training
Tools include: weights, stability balls, jump ropes and elastic bands

UPPER BODY BLAST – Concentration on arms, chest, shoulders, and back integrating various fitness tools

FUN FRIDAYS - A mélange of exercises from strength to street workout style in a less structured class setting. Challenge your personal best each week and have FUN!

Most classes utilize the principles of High Intensity Interval Training (HIIT) and Tabata Training. These methods have been proven to increase aerobic capacity, caloric burn and after burn in an efficient 30 workout. ALL fitness levels are WELCOME and ACCOMMODATED. See our website theyardsathleticclub.com for news, updates, and/or schedule changes. "If it doesn't challenge you, it doesn't change you".

