

ELEVATION ATHLETIC CLUB

STUDIO OUTDOOR VIRTUAL

*Indicates Low impact

Group Exercise

Monday:

5:30 a.m. **Boot Camp**
8 a.m. **Cardio Fit & Fun***
9 a.m. **WERQ Dance**
10:00 a.m. **Foam Rolling***
6:30 p.m. **Pump it Up**

Tuesday:

8:30 a.m. **Cardio Fit & Fun***
10:30 a.m. **Barre Fitness**

Wednesday:

5:30 a.m. **Boot Camp**
8:00 a.m. **Balance & Mobility (covered patio)***
9:30 a.m. **Total body Circuit**
5:30 p.m. **Foam Rolling***

Thursday:

8:30 a.m. **Cardio Fit & Fun***
12 p.m. **Pump it Up**

Friday:

5:30 a.m. **Boot Camp**
8 a.m. **Cardio Fit & Fun***
9 a.m. **Barre Fitness***

Saturday:

8 a.m. **Balance & Mobility (covered patio)***
9 a.m. **Foam Rolling***

Yoga

Monday:

8:30 a.m. **Vinyasa Flow***
9:00 a.m. **Outdoor Vinyasa Flow
(The Arch @ Flint Rock)**
10 a.m. **Slow Flow Yoga***
12 p.m. **Heated Power Vinyasa**
6:30 p.m. **Heated Power Vinyasa**

Tuesday:

6:30 a.m. **Heated Power Vinyasa**
9:00 a.m. **Vinyasa Flow***
10:30 a.m. **Yin Yoga***
12 p.m. **Yoga Sculpt**
6:30 p.m. **Yin Yoga***

Wednesday:

8:30 a.m. **Slow Flow***
9:00 a.m. **Outdoor Vinyasa Flow
(The Arch @ Flint Rock)**
11:00 a.m. **Meditation Reset Express**
12 p.m. **Heated Power Vinyasa**
6:30 p.m. **Heated Power Vinyasa**

Thursday:

6:30 a.m. **Heated Power Vinyasa**
9:00 a.m. **Vinyasa Flow***
10:30 a.m. **Heated Power Vinyasa**
12 p.m. **Yoga Sculpt**
6:30 p.m. **Yin Yoga***

Friday:

7:30 a.m. **Heated Power Vinyasa**
9 a.m. **Slow Flow***
12 p.m. **Heated Power Vinyasa**

Saturday:

8 a.m. **Slow Flow Yoga***
9:30 a.m. **Heated Power Vinyasa**
10:45 a.m. **Heated Power Vinyasa**

Sunday:

10 a.m. **Heated Power Vinyasa**

Cycle

Monday:

8:30 a.m. **Cycle**
10 a.m. **Cycle**
6:00 p.m. **Cycle**

Tuesday:

5:45 a.m. **Cycle & Core**
9:30 a.m. **Cycle**
6 p.m. **Cycle**

Wednesday:

8:30 a.m. **Cycle**
11:15 a.m. **Cycle**

Thursday:

5:30 a.m. **Cycle**
10 a.m. **Cycle**

Friday:

9 a.m. **Cycle**
11:15 a.m. **Cycle**

Saturday:

8:30 a.m. **Cycle & Core**
10:15 a.m. **Cycle**

Sunday:

9 a.m. **Cycle**

Pilates

Wednesday:

10 a.m. **Mat Pilates***
4:30 p.m. **Mat Pilates***

Friday:

10 a.m. **Mat Pilates***

VIRTUAL AVAILABLE ON FACEBOOK & YOUTUBE

Facebook.com/HillsofLakewayCC | Subscribe to Elevation Athletic Club YouTube Channel 12/1/20

*Wexer Virtual classes available in Group Exercise, Cycling, and Yoga Studio