



Virtual Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am Bootcamp Louise	8:30am Sculpt & Tone Erin	8:30am HIIT & FIT Louise	8:30am Yoga Flow Erin	8:30am Strength, Power & Metabolic Conditioning Louise	8:30am Strength, Core & More Suzanne	
5:30pm Body Sculpt Suzanne		5:30pm Barre Fusion Suzanne	5:30pm HIIT & FIT Louise			
	6:00pm Strength, Power & Metabolic Conditioning Louise					

VIRTUAL FITNESS TRIBE CLASS DESCRIPTIONS

STRENGTH, CORE AND MORE: A full body workout with low impact cardio combined with circuits of continuous muscle building exercises to create strength and endurance with an emphasis on building a strong core. This class varies weekly and utilizes a variety of props such as a mat, dumbbells, resistance bands, versa loops, stability balls, our own body weight, small pilates ball and paper plates/glidens. Suitable for all fitness levels working at your own pace and intensity level.

BARRE FUSION: A full body low impact class that focuses on breath, body alignment and isolated muscle exercises to increase muscle fitness, balance and core stability. Includes a combination of barre moves along with pilates targeting both lower body and upper body with an emphasis on core stability. Modifications shown for all fitness levels. Equipment could include: yoga mat, small ball, stability ball, a chair or counter, resistance bands/loops and small dumbbells, gliders/paper plates. The class is often done barefoot, but feel free to keep your shoes on!

BODY SCULPT: This is a Fusion class that is low/no impact using a variety of large and small balls and various bands/loops/tubes, weights. Working both the large muscle groups and less often used minor muscles, this class will build muscle strength and endurance, and is adaptable to all fitness levels. Working in the full range of motion, you will finish class feeling taller and fully stretched.

YOGA FLOW: This all levels yoga class will flow through a sequence of yoga postures that link breath with movement. Paying attention to alignment and working on flexibility, increasing your range of motion, core and overall strength, balance, and mental focus. Yoga flow will calm your mind and energize your body.

You will need a yoga mat and towel or blanket. Yoga block is recommended. Other optional props can be helpful like a strap, but a belt, tie or small towel can be substituted

BOOTCAMP: Total body workout with intervals of cardio and strength training using body weight, dumbbells, plates, bands and/or other resistance tools. Workouts and interval timing varies on a bi-weekly basis to keep the body guessing and challenged. Suitable for all fitness levels working at your own pace and intensity level.

HIIT & FIT: Total body workout with bursts of high intensity activity, metabolic conditioning and strength training that will help rev your metabolism while also building lean muscle, strength, and endurance. Suitable for all fitness levels working at your own pace and intensity level. Dumbbells are recommended. Alternatives are kettlebells, weight plates, handled or loop style resistance bands and even household items like water bottles or jugs of differing sizes.

SCULPT AND TONE: A full body low impact class to sculpt and tone your entire body using light hand weights, body weight exercises and traditional pilates style movement. Higher repetition and isometric work with an emphasis on core stability. Class will finish with a deep stretch. Modifications shown for all fitness levels. Equipment needed yoga mat, light hand weights.

STRENGTH, POWER & METABOLIC CONDITIONING: Total body interval class designed to improve metabolic conditioning while building strength and power. The combination of functional strength training and cardiovascular exercise is an effective way to build lean muscle while burning fat, torching calories and improving core stability. Accessible to all fitness levels.