FOUR BRIDGES COUNTRY CLUB

2024 Fall Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Conditioning 8:15 AM—9:00 AM Cara Phillips	Muscle Mix 5:45 AM—6:30 AM Flo Murphy	Barbell Strength 8:00 AM—8:45 AM Kristen Kronauge	Muscle Mix 5:45 AM—6:30 AM Flo Murphy	Boot Camp 8:00 AM—8:45 AM Kristen Kronauge	
Strength Thru Motion 9:30 AM—10:15 AM Kristen Kronauge	CRT 8:00 AM—8:45 AM Kristen Kronauge	Strength Thru Motion 9:00 AM—9:45 AM Kristen Kronauge	Total Conditioning 8:15 AM—9:00 AM Colleen Rahl	CRT 9:00 AM—9:45 AM Colleen Rahl	Power Yoga 9:15 AM—10:15 AM Dena Mathes
	Butts & Guts 9:00 AM—9:45 AM Colleen Rahl		Power Yoga 9:15 AM—10:15 AM Dena Mathes		
	Vinyasa Flow 10:00 AM—11:00 AM Robin Speas / Dana Glovis				
Power Yoga 6:00 PM—7:00 PM Nicole Levin		Vinyassa Flow 6:00 PM—7:00 PM Robin Speas			

Sunday

Power Yoga
10:00 AM—11:00 AM
Nicole Levin

Upper Body / Core
This strength building and muscle toning class features a series of familiar fineness-floor exercises and training methods in a pulse-pounding, chest-thumping format

Pilates Fusion
Incorporates exercise from different workout styles, including barre, yoga, strength training, and cardio. This style has a deep focus on the core and emphasizes moves that will tone, strength and elongate muscles.

Barbell Strength
Weight training that targets each muscle group timed to music. This class will help you get lean and build muscle strength.

Butts & Guts
A class dedicated to toning your abs and glutes with targeted movements of cardio. This class will focus on core strengthening to build muscles, in addition, it will also target your quads and hamstrings.

Cardio Resistance Training—CRT
A mix of cardio and strength work using a variety of equipment for a total body workout.

Barre Core
A short yet challenging workout that will target your core and upper body. Core strength will help with balance, posture and overall strength. This class will help you also improve your flexibility.

Muscle Mix
A class that shapes, tones, and strengthens your entire body. A fast-paced class that focuses on each body part timed to music.

Power Yoga
A traditional yoga class with a twist. Featured moves will increase flexibility strengthen muscle endurance and balance through specific poses and patterned breathing poses with shorter hold times and more Vinyasa flow movements.

Total Conditioning
A mix of core and upper and lower body exercises designed to build muscle strength. A variety of equipment will be used along with body weight resistance.

Vinyasa Flow
This class will be a flowing style which links breath and movement through a series of postures, balance, strength and flexibility. It also helps to cultivate mindfulness through a continuous flow.

Cardio Blast
A Class Focused on Cardio, Toning & Core, with Low Impact Modifications