

MARCH 2020



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15AM	MetCon Upper Body Leddy	Yoga Sculpt/Cardio Monica	MetCon Lower Body Leddy	Strength Cycle Izzy	Circuit/Spin Mike
11:15AM	Power Half Upper Body Mike *11:30-12:00	Circuit/Spin Michelle	Tone & Sculpt Nancy *11:30-12:00		Tone & Sculpt Nancy *11:30-12:00
12:15PM	Power Yoga Monica	Pilates Nancy	Power Half Total Body Mike *12:15-12:45	Pilates Nancy	Power Half Lower Body Mike *12:15-12:45
	UP! Mike *12:15-12:45			Barre Monica	
5:30PM	Cycle Battle Leddy		Pilates Nancy	Total-Body Tabata Leddy *5:15-5:45	
		Vinyasa Flow David *5:45-6:45		Kick it By Eliza Kim *6:00-7:00	

\$20 drop in for non-members | Sign up online at wavehealth.punchpass.com

CLASS DESCRIPTIONS

Circuit/Spin - A circuit class designed to push you in strength, cardio, and core endurance. After a 20+-minute circuit, you will be taken through a focused and challenging 20-minute ride on Wave's spin bikes.

Cycling - A stationary cycling class that applies a variety of training methods and motivational strategies. This class proves to be a challenging workout for people of all fitness levels.

Strength Cycle - Maximize your morning workout with this high-energy combination class that mixes strength-training with cycling intervals.

Cycle Battle - Be prepared to sweat during this high-intensity full-body circuit class, that will utilize various equipment; including Wave's spin bikes and battle ropes.

Vinyasa Flow - All-levels yoga class focused on linking breath with movement. Build strength, flexibility, and balance as you flow through dynamic sequences.

Yoga Sculpt/Cardio - *Not your average Yoga class.* Guaranteed to raise your heart rate by combining the basic Yoga principles with light weights, double and triple Chaturangas and creative dynamic transitions. Open to all fitness levels.

Power Yoga - A powerful, energizing combination of traditional Ashtanga and Vinyasa practices. This class is suitable for all levels and is great for building strength and flexibility.

Barre - Based on the original Lotte Berk Technique; participants will enjoy a full-body workout that requires little-to-no equipment. While the focus is on the entire body, special attention is paid to the core. Class is limited to 8 people and will be held in the fitness center.

Pilates - A dynamic series of precise movements and exercises that enhance your natural alignment and elongate the muscles.

Tone & Sculpt - Low impact, light weight toning, sculpting and functional training for people of all fitness levels.

Kick it By Eliza - This class will leave you feeling empowered after 13 rounds of music-driven kickboxing, boxing and high-intensity interval training. All levels welcome!

UPI - Stair climbing will improve total leg strength and aerobic endurance. This class is geared to all levels of fitness. Using the stairwell in the hotel we do laps from Plaza level to the 18th floor and back down for 20 – 30 minutes. You are provided with a workout of the day to follow on your own until you are done or until time runs out.

Power Half Total Body - 30 minutes of continuous strength training using medium to heavy weights. Focus is on proper technique and improved total-body strength & endurance.

Power Half Upper Body - 30 minutes of continuous strength training using medium to heavy weights. Emphasis is on proper technique and improved strength & endurance. Focus is on the upper body.

Power Half Lower Body - 30 minutes of continuous strength training using medium to heavy weights. Emphasis is on proper technique and improved strength & endurance. Focus is on the lower body.

MetCon Upper Body - High energy metabolic conditioning circuit designed to improve your muscular endurance and transform your body. Focus is on the upper body.

MetCon Lower Body - High energy metabolic conditioning circuit designed to improve your muscular endurance and transform your body. Focus is on the lower body.

Total-Body Tabata - A dynamic total-body conditioning class using a variety of equipment including weights, bands, body weight, etc. with high intensity intervals followed by short rest breaks.