

# ALEXANDRIA – January 2018

PROFESSIONALLY  
MANAGED BY  
**EXOS**

# GRUPEX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VOLLEYBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BADMINTON OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>
6:10 – 7:00a RALLY STRENGTH (FTS) <i>Rachael</i>	6:10 – 7:00a RALLY METABOLIC (FTS) <i>Rachael</i>	6:10 – 7:00a RALLY STRENGTH & REGEN. (FTS) <i>John</i>	6:10 – 7:00a RALLY METABOLIC (FTS) <i>Rachael</i>	6:10 – 7:00a RALLY STRENGTH (FTS) <i>Mac</i>	9:15 – 10:05a FIT+CAMP (FTS) <i>Bryan</i>	9:00 – 9:50a POWER YOGA 1 (S1) <i>Sarah J</i>
6:30 – 7:20a POWER YOGA 1 (S1) <i>Sarah J</i>	6:15 – 7:05a; 7:15 – 8:05a REFORMER PILATES (S1) <i>Deanna</i>	6:30 – 7:20a POWER YOGA 2 (S1) <i>Vanessa</i>	6:15 – 7:05a; 7:15 – 8:05a REFORMER PILATES (S1) <i>Deanna</i>	6:30 – 7:20a POWER YOGA 1 (S1) <i>Erika</i>	10:15 – 11:05a YIN YOGA (S1) <i>Sarah J</i>	
7:00 – 7:50a RALLY METABOLIC (FTS) <i>Rachael</i>	7:00 – 7:50a RALLY STRENGTH (FTS) <i>Rachael</i>	6:45 – 7:35a RUSH RIDE (S2) <i>Tim</i>	7:00 – 7:50a RALLY STRENGTH (FTS) <i>Rachael</i>	6:45 – 7:35a RUSH RIDE (S2) <i>Krista</i>		
12:00 – 12:50p POWER YOGA 1 (S1) <i>Karina</i>	12:00 – 12:50p; 1:00 – 1:50p; 2:00 – 2:50p REFORMER PILATES (S1) <i>Caleigh</i>	7:30 – 8:20a BOXING (BBC) <i>Karl</i>	11:00 – 11:50a; 12:00 – 12:50p; 1:00 – 1:50p REFORMER PILATES (S1) <i>Caleigh</i>	7:00 – 7:50a RALLY METABOLIC <i>John</i>		
12:00 – 12:50p BOXING (BBC) <i>Karl</i>	12:00 – 12:50p RUSH RIDE (S2) <i>Breanne</i>	7:00 – 7:50a RALLY METABOLIC (FTS) <i>John</i>	12:00 – 12:50p RUSH RIDE (S2) <i>Topacio</i>	7:30 – 8:20a BOXING (BBC) <i>Karl</i>		
12:15 – 1:05p RALLY METABOLIC (FTS) <i>Josh</i>	12:15 – 1:05p RALLY STRENGTH (FTS) <i>Josh</i>	11:00 – 11:50p BARRE (S1) <i>Teresa</i>	12:15 – 1:05p RALLY STRENGTH (FTS) <i>Rachael</i>	11:00 – 11:50a BARRE (S1) <i>Yvonne</i>		
1:00 – 1:50p RESTORATIVE YOGA (S1) <i>Karina</i>	4:15 – 5:00p WOMEN'S ABC TR'NG (FTS) <i>Mac</i>	12:00 – 12:50p RUSH RIDE (S2) <i>Billy</i>	4:30 – 5:20p (+ happy hour); 5:30 – 6:20p REFORMER PILATES (S1) <i>Lauren</i>	11:15 – 12:00p WOMEN'S ABC TRAINING (FTS) <i>Mac</i>		
4:00 – 4:50p POWER YOGA 1 (S1) <i>Erika</i>	5:00 – 5:50p; 6:00 – 6:50p REFORMER PILATES (S1) <i>Lauren</i>	12:00 – 12:50p POWER YOGA 2 (S1) <i>Sarah P</i>	5:15 – 6:05p RALLY STRENGTH (FTS) <i>Mac</i>	12:00-12:50Pp YOGA SCULPT <i>Yvonne</i>		
5:00 – 5:50p BARRE (S1) <i>Yvonne</i>	5:15 – 6:05p RALLY STRENGTH (FTS) <i>Josh</i>	12:15-1:05p RALLY METABOLIC (FTS) <i>Mac</i>	6:15 – 7:05p RALLY METABOLIC (FTS) <i>Josh</i>	12:15 – 1:05p RALLY METABOLIC <i>Josh</i>		
5:15 – 6:05p RALLY METABOLIC (FTS) <i>Mac</i>	5:30 – 6:20p RUSH RIDE (S2) <i>Krista</i>	1:00 – 1:50p MEDITATION & MINDFULNESS <i>Catherine (S1)</i>	<b>WEDNESDAY CONTINUED...</b>	4:00 – 4:50p RESTORATIVE YOGA (S1) <i>Beth</i>		
5:30 – 6:20p RUSH RIDE (S2) <i>Kaitlin</i>	6:15 – 7:05p RALLY METABOLIC (FTS) <i>Mac</i>	4:00 – 4:50p POWER YOGA 2 (S1) <i>Erika</i>	5:30 – 6:20p RUSH RIDE (S2) <i>Crystal</i>	5:15 – 6:05p ARM FARM (FTS) <i>Josh</i>		
6:00 – 6:50p POWER YOGA 2 (S1) <i>Stephanie</i>		5:00 – 5:50p POWER YOGA 1 (S1) <i>Laura</i>	6:00 – 6:50p BARRE (S1) <i>Stephanie</i>			
6:15 – 7:05p RALLY STRENGTH (FTS) <i>Josh</i>		5:15 – 6:05p RALLY METABOLIC + HAPPY HOUR (FTS) <i>Josh</i>	6:15 – 7:05p RALLY STRENGTH & REGEN. (FTS) <i>Mac</i>			



Mind Body App

**S1: Studio 1**  
**S2: Studio 2 (Cycling)**  
**FTS: Functional Training**  
**Space**  
**BBC: Basketball Court**

To view & sign up for classes  
download the Mind Body App or  
go to:  
<https://clients.mindbodyonline.com/home?studioid=340510>

# Class Descriptions

## ARM FARM

Group training session specifically targeted at improving the movement and strength of the upper body. Class programming is based on organized, progressive training principles aimed at realizing those goals.

## BARRE

This class utilizes the ballet barre, combining a progression of movements to work the entire body while developing greater physical awareness and posture. Intense yet low impact, this class will stabilize your core while working major muscle groups as well as the smaller muscles in the thighs and seat. A final stretch encourages muscle length and balance.

## BOXING

Learn authentic boxing moves from Golden Glove champion and professional Muay Thai boxer, Karl Santiago. Work your mind as well as your body during this 50 minute workout that helps you "think" like a boxer while getting fit! Hand wraps recommended.

## FIT+CAMP

A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination and balance for improved overall wellness and fat loss.

## Meditation and Mindfulness

Using Buddhist concepts and the scientific method, we will not only learn about meditation, but also build mindfulness, self awareness, and learn tools to manage stress and anxiety. Experience more flow state, and learn how to move beyond the inertia of thoughts.

## Power Yoga – Level 1

This is a dynamic, empowering, and energetic class where students connect breath to movement. It incorporates strength, flexibility, balance, physical and mental stamina, creating a sense of calm in the mind and body. Great for all students who prefer a strong foundational practice. Modifications for beginners will be provided; all levels are welcome.

## Power Yoga - Level 2

Slightly more advanced than our Power Yoga 1, this class is set at a quicker pace as you move through more challenging postures and connected breath. Arm balances and inversions may be incorporated. Open to all levels but a basic understanding of Vinyasa Flow is recommended.

### **Rally Metabolic**

Group fitness class focused on total body conditioning circuits which are aimed at enhancing fitness, lean-muscle tissue, and movement quality. Class programming is based on organized, progressive conditioning principles which will enable you to increase your fitness goals.

### **Rally Strength**

Group training session focused on improving movement quality, building strength, and enhancing lean muscle. Class programming is based on organized, progressive training principles which will enable you to increase your strength goals.

### **Reformer Pilates**

Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. Taught in small group settings, classes are designed with your specific needs in mind and focus on improving strength, coordination, flexibility, balance and stability.

### **RESTORATIVE YOGA**

Take a break from your day to relieve stress with a series of holding postures that will focus on restorative yoga, breath work and meditation. This class will help you renew and reset. Socks and a long sleeve shirt or hoodie recommended for optimal relaxation.

### **RUSH RIDE**

The proprietary indoor cycling program of RUSH brought to you at Alexandria!

### **WOMENS ABC TRAINING**

Whether you are new to strength training or a seasoned veteran, this class is for you! Under the guidance of our amazing coaches, you'll experience a total body workout that will challenge you wherever you are on your fitness journey.

### **YOGA SCULPT**

Don't think you can get cardio, strength and flexibility training all in one workout? You can! This is a total body workout, using the foundation of Vinyasa yoga combined with strength based movements. Focus the mind as you strengthen the body. Modifications for beginners will be provided; all levels are welcome.

### **YIN YOGA**

Experience a yoga style that's fast becoming a sought after practice. Yin Yoga focuses on accessing deeper tissues by applying moderate stress to the connective tissues such as tendons, ligaments and fascia. This connective tissue tends to be tight and stiff creating a restricted body. Yin Yoga aims to loosen up these tissues increasing their flexibility and pliability resulting in increased mobility in the body.