

ALEXANDRIA – January 2019

PROFESSIONALLY
MANAGED BY
EXOS

GRUPEX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BASKETBALL OPEN GYM	BASKETBALL OPEN GYM	BADMINTON OPEN GYM	BADMINTON 6am- 2pm BASKETBALL 2pm- 9pm	BASKETBALL OPEN GYM	BASKETBALL OPEN GYM	BASKETBALL OPEN GYM
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>Mac</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>Geoff</i>	9:00 – 9:50a POWER YOGA (S1) <i>Sarah/Megan</i>
7:00 – 7:50a RALLY METABOLIC (FTS) <i>Rachael</i>	6:15 – 7:05a; 7:15 – 8:05a REFORMER PILATES (S1) <i>Deanna</i>	6:30 – 7:20a YOGA FLOW (S1) <i>Vanessa</i> 6:45 – 7:35a RUSH RIDE (S2) <i>Alli C.</i>	6:15 – 7:05a; 7:15 – 8:05a REFORMER PILATES (S1) <i>Deanna</i>	6:45 – 7:35a INTERVAL RIDE (S2) <i>Krista</i>	10:15 – 11:05a YIN YOGA (S1) <i>Sarah J</i>	
12:00 – 12:50p BOXING (BBC) <i>Karl</i>	7:00 – 7:50a RALLY STRENGTH (FTS) <i>Rachael</i>	7:00 – 7:50a RALLY METABOLIC (FTS) <i>Mac</i> 7:30 – 8:20a BOXING (BBC) <i>Karl</i>	7:00 – 7:50a RALLY STRENGTH (FTS) <i>Rachael</i>	7:00 – 7:50a RALLY METABOLIC <i>John</i>	HOURS Mon- Fri 5:30a- 9:00p Sat- Sun 7:00a- 5:00p	
12:00-12:50P YOGA FLOW (S1) <i>Megan</i>	12:00 – 12:50p; 1:00 – 1:50p; 2:00 – 2:50p REFORMER PILATES (S1) <i>Caleigh</i>	11:00 – 11:50p VINYASA YOGA (S1) <i>Nicole</i>	11:00 – 11:50a; 12:00 – 12:50p; 1:00 – 1:50p REFORMER PILATES (S1) <i>Caleigh</i>	7:30 – 8:20a BOXING (BBC) <i>Karl</i>		
12:15 – 1:05p RALLY METABOLIC (FTS) <i>Josh</i>	12:00 – 12:50p RUSH RIDE (S2) <i>Breanne</i>	12:00 – 12:50p RUSH RIDE (S2) <i>Billy</i> POWER YOGA (S1) <i>Megan</i>	12:00 – 12:50p RUSH RIDE (S2) <i>Ali</i>	11:00 – 11:50a BARRE (S1) <i>Yvonne</i>		
5:00 – 5:50p BARRE (S1) <i>Yvonne</i>	12:15 – 1:05p RALLY STRENGTH (FTS) <i>Josh</i>	12:15-1:05p RALLY METABOLIC (FTS) <i>John</i>	12:15 – 1:05p RALLY STRENGTH (FTS) <i>Rachael</i>	11:15 – 12:00p WOMEN'S ABC TRAINING (FTS) <i>Mac</i>		
5:15 – 6:05p RALLY METABOLIC (FTS) <i>John</i>	4:15 – 5:00p WOMEN'S ABC TR'NG (FTS) <i>John</i>	1:00-1:50p BOXING (S1) <i>Karl</i>	4:30 – 5:20p (+ happy hour); 5:30 – 6:20p REFORMER PILATES (S1) <i>Lisa-Anne</i>	12:00-12:50Pp YOGA SCULPT <i>Yvonne</i>		
5:30 – 6:20p RUSH RIDE (S2) <i>Kaitlin</i>	5:00 – 5:50p; 6:00 – 6:50p REFORMER PILATES (S1) <i>Elisama</i>	4:15 – 5:05p RALLY METABOLIC + HAPPY HOUR (FTS) <i>John</i>	5:15 – 6:05p RALLY RIDE (FTS) <i>John/Kaitlin</i>	12:15 – 1:05p RALLY METABOLIC <i>Josh</i>		
6:00 – 6:50p POWER YOGA (S1) <i>Stephanie</i>	5:15 – 6:05p RALLY STRENGTH (FTS) <i>Josh</i>	5:00 – 5:50p YOGA FLOW (S1) <i>Laura</i>	6:15 – 7:05p RALLY METABOLIC (FTS) <i>Josh</i>	5:15 – 6:05p ARM FARM (FTS) <i>Josh</i>		
6:15 – 7:05p RALLY STRENGTH (FTS) <i>Josh</i>	5:30 – 6:20p INTERVAL RIDE (S2) <i>Krista</i>	5:15 – 6:05p RALLY METABOLIC (FTS) <i>Josh</i> 5:30 – 6:20p RUSH RIDE (S2) <i>Alli</i>				
	6:15 – 7:05p RALLY METABOLIC (FTS) <i>John</i>	6:00 – 6:30p CARDIO BARRE (S1) 6:30-7:00P CORE&MORE <i>Stephanie</i>				
		6:15 – 7:05p RALLY STRENGTH & REGEN. (FTS) <i>John</i>				



MIND BODY

TO VIEW & SIGN UP FOR CLASSES,
DOWNLOAD THE MINDBODY APP:

1. App Store
2. Thealexandria.com > EXOS > sign up for a class
3. <https://clients.mindbodyonline.com/home?studioid=340510>

S1: Studio 1

S2: Studio 2 (Cycling)

FTS: Functional Training Space

BBC: Basketball Court

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.

RALLY STRENGTH & REGEN

Group strength training session combined with an emphasis on the 4th EXOS Pillar, Regeneration. By adding a regeneration-focus to the priority of strength, this session will enhance recovery, relieve stress, and optimize movement quality. Multiple tools and strategies will be employed to help you feel refreshed, recharged, and at your best.

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.

CARDIO BARRE

Come party at the Barre with us and enjoy a fun, invigorating workout that develops muscular endurance and strength through non-stop cardio ballet moves. This half hour energizing athletic-based workout is designed to tighten and tone your glutes, strengthen and lengthen your hamstrings and minimize your thighs muscles. No dance experience necessary! Sneakers, with an extra pair of socks or Barre socks recommended.

POWER YOGA

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 students who prefer a strong foundational practice. Modifications for beginners will be provided; all levels are welcome.

YOGA FLOW

This is a foundation building class great for both new and seasoned students. Expect to find a full-body flow, exploring the foundation of postures and principals of Vinyasa (linking breath to movement) at a moderate pace. This class focuses on increasing strength, flexibility, and balance, leaving you feeling centered and energized. A perfect compliment to any workout routine.

CORE & MORE

This 30 minute core and stretch class will give you the strength you need for great posture and stability as well as the flexibility you need to move with ease. Great for all fitness levels.

Class Descriptions

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

Socks required, grip socks recommended! 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.

PLUS HAPPY HOUR

All attendees receive a happy hour ticket for Farmer and Seahorse.

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.

RALLY RIDE

Get it all in once class with Spin plus Strength. Max efficiency for max results!!