

# Trinity Center

Summer Schedule (July 5, 2017—September 23, 2017)

## Land Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Movement, Mind &amp; Meditation</b> <b>8:30—9:15a</b> Reagan	<b>Accelerated Fitness</b> <b>6:30—7:30a</b> Doug	<b>Movement, Mind &amp; Meditation</b> <b>8:30—9:15a</b> Reagan	<b>Accelerated Fitness</b> <b>6:30—7:30a</b> Doug	<b>Mixed Level Pilates</b> <b>11—11:55a</b> Penny	<b>Balance Body Fitness</b> <b>9:45—10:45a</b> Monica
	<b>Senior Strength</b> <b>10—10:55a</b> Sylvia	<b>30 min Xpress + Stretch</b> <b>9—9:55a</b> Tia	<b>Senior Strength</b> <b>10—10:55a</b> Sylvia	<b>Dance Fusion</b> <b>11—11:55a</b> (7/6/17—7/27/17) Jas <b>Zumba Gold</b> <b>11—11:55a</b> (8/1/17—9/21/17)	<b>Yoga</b> <b>12:30—1:30a</b> Jas	<b>Body Fitness Blast</b> <b>10:50—11:50a</b> Monica
	<b>Pilates</b> <b>11—11:55a</b> Penny	<b>Iron Bo</b> <b>10—11a</b> Jerry	<b>Pilates</b> <b>11—11:55a</b> Penny	<b>30 min Abs</b> <b>12—12:30p</b> Tia		
	<b>Tai Chi</b> <b>12—12:55p</b> Raymond	<b>Dance Fusion</b> <b>11—11:55a</b> (7/6/17—7/27/17) Jas <b>Zumba Gold</b> <b>11—11:55a</b> (8/1/17—9/21/17)	<b>Tai Chi</b> <b>12—12:55p</b> Raymond	<b>Cardio Equipment Blast</b> <b>1—2:00p</b> Tia		
	<b>Zumba</b> <b>5—6p</b> Meagan	<b>30 min Abs</b> <b>12—12:30p</b> Tia	<b>Combat Ready</b> <b>6—7p</b> Jerry	<b>Cardio Interval</b> <b>6—6:55p</b> Monica		
	<b>Abs on Fire</b> <b>6—7p</b> Jerry	<b>Balance Body Fitness</b> <b>6—6:55p</b> Monica				
		<b>Body Fitness Blast</b> <b>7—7:55p</b> Monica				

# TRINITY CENTER GROUP EXERCISE PROGRAMS

Membership Office Phone: 202-884-9092

Registration: Pre-registration is required for all fitness classes at the Membership Office.  
We accept cash, check or credit card (Visa, MasterCard, American Express or Discover).

Hours of Operation: M – TH: 6am - 9pm / Fri.: 6am - 8pm / Sat.: 8am - 4pm / Sun.: 9am - 4pm

**SUMMER QUARTER GROUP EXERCISE PROGRAMS**— *we highly recommend you see your physician prior to taking an exercise class. July 5 –September 23, 2017. Drop ins are welcome!*

## LAND CLASSES

**Gentle Yoga** Learn basic yoga techniques from our very own Trinity Center Director

**Iron BO:** A weighted bar regime that improves muscle tone, muscle strength and cardio endurance.

**Movement, Mindfulness & Meditation:** A beginning breathwork and energetic field cleansing then progressing into guided mindfulness meditation

**Mixed Level Pilates :** Uses controlled movement to develop core strength (ribs to pelvis) and increase flexibility of the spine.

**Senior Strength:** This low impact class improves muscle tone, strength, and flexibility by utilizing light weights.

**Tai Chi:** An Ancient Chinese tradition that is practiced as a graceful form of low impact cardio exercise.

**Zumba:** Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

**Zumba Gold:** Class is designed for seniors, beginners or others needing modifications in their exercise routine. Dance moves are used to challenge your heart and work your muscles!

**Accelerated Fitness:** Kick your existing routine up a notch! A full body workout consisting of jumping drills, lunges, squats, running, push-ups, sit-ups, martial arts and kickboxing.

**Balanced Body Fitness:** (now open to women AND men) Low impact circuit class geared towards people 40+ years looking to improve and maintain strength, flexibility, coordination, balance and range of motion using a variety of resistance equipment, balls and light weights.

**30 Min Abs:** Have you ever wanted 6 pack abs? This class will get you there!

**30 Min Express & Stretch:** A heart pounding workout on our brand new Precor strength equipment following a good stretch with Tia!

**Abs on Fire:** Ready for a great core workout? All Levels welcome!

**Body Fit Blast:** (now open to women AND men) Strength training, core and flexibility exercises with cardio bursts. Class is designed for people of all ages and fitness levels.

**Cardio Equipment Blast:** This fun and exhilarating class on our cardio equipment will help you reach your goals! With Tia!

**Cardio Interval :** Boost your cardio endurance with a complete body workout!

**Combat Ready Fitness:** “Train...to be ready”. This intense workout combines martial arts and circuit training to optimize fitness and agility levels.

**Dance Fusion** is a fun dance oriented workout that fuses a variety of **dance** styles including Hip Hop, Club, Jazz and Latin movements together with easy to follow aerobic patterns

**\*\*Class Ends July 27th**