



70 PINE

LA PALESTRA at 70 Pine Group Exercise Schedule

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:15am - 7:15am Pilates 7:45pm-8:45pm Winter Sports*	2	3 9:45am-10:30am Barreless Barre Boot Camp 10:30am-11:30am Pilates Mat
4 10am-11:15am Vinyasa Flow 4:30pm-5:30pm Thai Boxing	5 7:30pm - 8:30pm Kettlebell Training	6 7pm - 8pm Pilates 8pm- 8:45pm Meditation	7 7pm-8:15pm Vinyasa Flow	8 6:15am - 7:15am Pilates 7:45pm-8:45pm Winter Sports*	9	10 9:45am-10:30am Barreless Barre Boot Camp 10:30am-11:30am Pilates Mat
11 10am-11:15am Vinyasa Flow 4:30pm-5:30pm Thai Boxing	12 7:30pm - 8:30pm Kettlebell Training	13 7pm - 8pm Pilates 8pm- 8:45pm Meditation	14 7pm-8:15pm Vinyasa Flow	15 6:15am - 7:15am Pilates 7:45pm-8:45pm Winter Sports*	16	17 9:45am-10:30am Barreless Barre Boot Camp 10:30am-11:30am Pilates Mat
18 10am-11:15am Vinyasa Flow 4:30pm-5:30pm Thai Boxing	19 7:30pm - 8:30pm Kettlebell Training	20 7pm - 8pm Pilates 8pm- 8:45pm Meditation	21 7pm-8:15pm Vinyasa Flow	22 6:15am - 7:15am Pilates 7:45pm-8:45pm Winter Sports*	23	24 9:45am-10:30am Barreless Barre Boot Camp 10:30am-11:30am Pilates Mat
25 10am-11:15am Vinyasa Flow 4:30pm-5:30pm Thai Boxing	26 7:30pm - 8:30pm Kettlebell Training	27 7pm - 8pm Pilates 8pm- 8:45pm Meditation	28 7pm-8:15pm Vinyasa Flow			
		LA PALESTRA Basement Level Fitness Center Hours: Mon - Fri: 5:30am - 10pm; Sat / Sun: 8am - 6pm FRONT DESK: (646) 928 - 0040		LA PALESTRA Member Level Gym and Amenity Hours Mon - Fri: 5:30am - 10pm; Sat / Sun: 8am - 10pm		

All Classes Remain Complimentary In February!

Class Descriptions:

Pilates Mat - Focuses on developing core strength, flexibility, balance, and stamina utilizing basic pilates props and mat routine.

Vinyasa Yoga - In this open level class, students flow through a sequence of poses while using the breath to connect with movement.

Meditation - Find a greater sense of awareness, introspection, relaxation and calm through the practice of meditation and learn to further connect your mind, body, and soul.

Winter Sports - Prepare the musculoskeletal system for the stresses of winter sports (skiing/snowboarding) and increase capacity of the cardiovascular system for sustained activity.*Independent training prescribed in addition to class time.

Field House Circuit - These total body circuits focus on compound multi-joint movements to improve muscular endurance and introduce group-oriented strength and endurance training.

Kettlebells - Working with a variety of kettlebell weights this class is designed to increase muscular strength and cardiovascular capacity while improving neuromuscular recruitment patterns.

Thai Boxing- 2000 year old martial arts style that incorporates punches, kicks, knees, elbows and clinching that gives the participant a great cardio and strength endurance workout.

Barreless Barre Boot Camp - With dance based movements that tones the muscles by using high repetition and isometric exercises, light weights as well as cardio and stretches to build a lean toned body.