



Capital Club Group Exercise

July

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00pm Fuel Tricia	12:00-1:00pm Spinning Tricia 12:00-1:00pm Vinyasa Yoga Mary	12:00-1:00pm Boot Camp Ed	12:00-1:00pm Step Sculpt Ed	12:00-1:00pm Vinyasa Yoga** Mary
5:30-6:00pm 6:00-6:30pm TRX Class (PPC) <i>Roger*</i>	12:00-12:30pm 12:30-1:00pm TRX Class (PPC) <i>Anthony*</i>	5:30-6:00pm 6:00-6:30pm TRX Class (PPC) <i>Roger*</i>	12:00-12:30pm 12:30-1:00pm TRX Class (PPC) <i>Anthony*</i>	
6:00-7:00pm Foundations of Yoga** Mary	6:00-7:00pm Spinning Trina	6:00-7:00pm Spinning Trina	5:30-6:30pm Vinyasa Yoga** Mary	

* This class is a Paid Participation Class (PPC)

** Due to the mental aspect of yoga, late participants to class may not be admitted.

New Four Week Session of TRX Starts Monday, Jul 19th.

Club Hours: M-F 5:30a.m. to 9:00p.m., Saturday 9a.m. to 4p.m., Sunday 10a.m. to 4p.m.

41 S. High St. ♦ 7th Floor ♦ Columbus, Ohio ♦ 43215
614-228-0645 ♦ www.capitalcolumbus.com



Capital Club Group Exercise Class Description

Boot Camp - This class includes calisthenics, weight training and cardio. This is a high-intensity, nonstop workout, don't miss it!

Foundations of Yoga – This class is for students new to yoga and those who prefer a slower, gentler practice. Instruction in proper alignment and pose benefits will be offered, as well as modifications for students at different levels. All levels welcome.

Fuel - Fire up your workouts with this express “Boot Camp” style class which encompasses cardio and circuit training. Maximize your time with this high energy, 45 minute class designed to strengthen muscle groups and improve your cardiovascular fitness.

Mat Pilates - Designed to increase strength and flexibility. Pilates targets the core muscles of the body while also enhancing coordination of the limbs. Focusing on correct alignment and execution, we will learn to lengthen as we tone our muscles achieving new definition and shape in this mat-based class.

Spinning - Perfect for most fitness levels, this high intensity indoor cycling class allows you to control the level of your workout. Spin with the instructor as you climb hills and race through sprints. Please arrive 5-10 minutes early to set up your bike... and don't forget to bring a water bottle.

Step Sculpt – A great total body weight training class focusing on all the major muscles of the body combined with a step aerobic workout. This is a great cardio class that will get your heart rate up, improve your coordination and condition and tone your muscles.

TRX – This Full body, fast paced class uses all body weight exercises to work your core from every angle. You will get toned, fit and ready for the upcoming summer months in this class.

Vinyasa Yoga - This lively flowing yoga practice stretches, strengthens and energizes the body. Great practice for athletic types and experienced yogis looking for a challenging workout.

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