



Evolutions
Health | Fitness | Wellness

Group Fitness & Yoga Schedule

June 11, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6am 6am	CycleFit TRX Interval \$	6am 6am	Barre \$ Cycle 50	6am 6am	Total Fitness Rise-n-Flow Yoga Express	6am	Kettle Bell	6am 6am	Cycle 50 CrossCore \$	8am 8am 8am	Vinyasa Warm Yoga Cycle 50 Kettlebell		
9am	Barre	8:30am 9am	Cycle 50 Vinyasa Yoga	9am 9:10am 9:10am	Barre Cycle 50 Power Pilates® Int. Mat	9am	Therapeutic Yoga Flow	8am 9am 9:10am	Yin Yoga Barre Power Pilates® Int. Mat	8:30am	TRX \$	9am 9am	Cycle 50 Barre
9:10am	Cycle 50	9:30am	Pilates Tabata	9:30am	Vinyasa Yoga	9:30am 9:30am	Barre Cycle Ball	9:10am 9:30am	Cycle 50 Vinyasa Yoga	9am 9:15am 9:30am 9:30am	Barre Cycle 50 TRX Interval \$ Vinyasa Yoga	9:30am	Vinyasa Yoga
10am	TRX Interval \$	10:30am	Stretch & Balance ☺	10am	TRX \$	11am	Core ☺	10am 10:30am	TRX \$ Stretch & Balance ☺	10:05am 10:10am	Pilates Equipment \$ Power Pilates® Intermediate Mat	10am 10:10am	Beginner Mat Focus Total Fitness
11am	Core ☺							11:30am	Barre Yoga Flow	11:10am	Power Pilates® Beginner Mat ☺	11am 11am	Yin Yoga ☺ Tower \$
12pm	Cycle 50	12pm	Barre	12pm	Kettle Bell	12pm	Barre	12pm	Vinyasa Yoga	11:30am	Newbie Yoga Workshop \$ (Jun16, Jul 7 two hours)		
12pm	Vinyasa Yoga	12pm	CrossCore \$	12pm	ZUMBA 45	12pm	TRX Interval \$	12pm	Yin Yang Yoga	12:10pm	Pilates Total Fitness		
12:10pm	Power Pilates® Intermediate Mat	12pm	Yin Yoga ☺	12pm	Yin Yoga ☺								
5:30pm 5:30pm	Cross Core \$ Therapeutic Yoga Flow	4pm 5:10pm	Yin Yang Nidra Total Fitness	4pm 5pm	Yin Yang Yoga HIIT Cycle/Burn	4:30pm	Vinyasa Yoga	5:30pm	Total Fitness				
6:15pm 6:30pm	Cycle 50 Int. Mat Focus	6pm 6:30pm	Vinyasa Yoga Beg. Mat Focus	5:30pm 6pm 6pm 6pm	Vinyasa Yoga Kettle Bell Barre Tower \$	6pm 6pm	Cycle 50	6pm	Community Yoga				
7pm	Yin Nidra ☺					6:30pm	Int. Mat Focus						

☺ Recommended for post-rehab and beginner wellness programs

Class Card includes all classes except those with \$

Hours of Operation

Mon-Thurs: 5:30am - 9:30pm
Fri: 5:30am - 8:30pm
Sat: 7am - 5pm
Sun: 8am - 5pm

Childcare Hours

Mon-Thurs: 8am - 2pm and 3:30pm - 7:30pm
Fri: 8am - 2pm
Sat: 8am - 12:30pm
Sun: 8:30am - 12:30pm

**Check out our App for
Special Pop-Up Classes
this summer!**

Evolutions Annapolis

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POWER PILATES

Beginner Pilates Mat

Perfect for creating stability in the hips and spine, and building core muscles and flexibility. Please attend at least 10 Beginner Mat classes before progressing to Intermediate Mat. 50 minutes

Intermediate Pilates Mat

This group class is designed for the intermediate to advanced Pilates student. Continue building stability and strength while stretching and increasing stamina by focusing on the flow of each exercise and their transitions. 50 minutes

Pilates Total Fitness

Begin with basic Pilates Mat work to build a strong foundation in the hips and spine. After mat work, the intensity increases with a combination of resistance training and stretching. You will use small hand weights and your own body weight for a fun, yet challenging total body workout. 50 minutes

Pilates Tabata

This class will fire up your core with 25 minutes of Pilates, then fire your metabolism with a Tabata interval workout using your bodyweight and various props. A quick and effective workout that will keep your metabolism stoked for hours!

EVOLVE YOGA

Please refer to our Yoga Class schedule for descriptions and details about the yoga classes.

FITNESS

Core

Maximize your time and energy with this creative PhysioBall & BOSU workout focused on finding CORE strength and balance. Progressive resistance, postural stability, and motor coordination are challenged with emphasis on proper form and technique to ensure optimal strength and conditioning.

Stretch & Balance

Practice your balance and relax by stretching head to toe. A special emphasis is given to the lower back. All levels welcome.

Total Fitness

This challenging total body workout includes cardio segments, strength work focusing on upper and lower body, plus core and a full body stretch to improve mobility. Each trainer delivers their own personal take on how to get a full body workout in a short time.

ZUMBA®

ZUMBA takes the 'work' out of workout by mixing low-intensity and high-intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba fitness classes are often called exercise in disguise! Super effective? Super fun? Check and check!

SMALL GROUP TRAINING

Register 7 days in advance for Barre, CrossCore, Cycle, Focus classes, Kettle Bell, TRX and yoga classes to reserve your spot! No show fees apply due to limited space!

Barre

A results driven, high energy, no impact workout done at the ballet barre! Part precision, part flow, this powerful workout requires concentration and control as each movement is performed at tempo, while keeping the core engaged.

Barre Yoga Flow \$

The best of both! A 20 minute vinyasa style warm up followed by 20 minutes of barre (seat, thigh, core). The final 20 minutes includes yoga poses, deep stretches, and savasana. A lovely blend for your body, mind and spirit!

Beginner Mat Focus

Learn beginner Pilates mat exercises in a more intimate setting with more individual instruction. Beginner Mat Focus takes into

account your specific needs so you can gain confidence needed to segue into group beginner and intermediate mat classes. We recommend attending Beginner Mat Focus between 7 and 10 times. Limited to 7 participants. Online sign up required.

CrossCore RBT \$

Unlock your potential with our newest class! CrossCore, Rotational Bodyweight Training, offers all the benefits of traditional bodyweight training and adds instability, rotation and dynamic tension to further challenge your balance and core engagement. TRX experience is strongly recommended.

Cycle 50

Let's RIDE! Our cycle classes are energizing, dynamic and vigorous. Our instructors are credible fitness professionals trained to create smart, challenging and motivational rides that deliver results in a safe and effective way. It's the perfect combination of SCIENCE + SOUL in 50 minutes.

Cycle-n-Ball

Begin with 30 minutes of cycling to target your heart, lungs and legs then finish with 30 minutes of stability ball training focusing on upper body strength and total body mobility to compliment the cycling portion of the class.

CycleFit

Roll into your week with this total body combo class! 30 minutes of cycling and 30 minutes of strength training using body weight, body bars, tubing and other props to wake up every muscle in you own!

HIIT Cycle and Burn

30 minutes of high intensity cycling paired with 30 minutes of high intensity strength and conditioning. This class is the perfect opportunity to push to the next level - whatever that level is. Open to all fitness levels; work at your own pace with coaching to push your limits safely and effectively.

Intermediate Mat Focus

Experience and learn intermediate Pilates mat exercises in a more intimate setting with more one on one instruction. Limited to 7 participants. Online sign up required.

Kettle Bell \$

Your body is trained as a whole with emphasis on the core and back muscles. Kettle Bell training is recommended for individuals with healthy backs and shoulders. Please see an instructor if more information is needed. Foundations class is strongly recommended for beginners.

Pilates Group Equipment \$

This classical Pilates workout will incorporate matwork, reformer, high chair, wunda chair and Cadillac for a full body workout. You must have at least 5 private sessions before attending a group class. Please see the Front Desk for Beginner Package specials.

Tower \$

Enhance your core connection! This challenging class is recommended for clients who have taken mat classes and wish to expand their pilates practice. By utilizing the pilates wall unit (tower), you will lengthen your muscles while strengthening your core. Space is limited to 7 participants.

TRX \$

Known as Suspension Training, this functional method of training brings versatility to your workout routine by leveraging your bodyweight and gravity. This class is designed to increase strength, balance, flexibility and maximize core function. We strongly recommend attending the monthly TRX clinic.

TRX Interval \$

Our TRX Interval training sessions include the use of additional equipment like kettle bells, weighted balls, jump ropes, BOSU or other tools to add another dimension to suspension training. Prepare to be challenged on and off the system. We strongly recommend attending the monthly TRX Clinic.