



TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

AUGUST



MON	TUE	WED	THU	FRI	SAT
2	1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright	4	1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright	6	7
9	0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1800 <i>Spin Class</i> Melissa Gordon	11	1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1900 <i>Power Flow Yoga</i> Mekala Poirier	13	14
16 0600 <i>Hatha/Vinyasa Yoga</i> Melissa Gordon	17 0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1800 <i>Spin Class</i> Melissa Gordon	18	19 1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1900 <i>Power Flow Yoga</i> Mekala Poirier	20 <i>Training Holiday</i> Hours 0900-1700	21
23 0600 <i>Hatha/Vinyasa Yoga</i> Melissa Gordon	24 0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1800 <i>Spin Class</i> Melissa Gordon	25	26 1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1900 <i>Power Flow Yoga</i> Mekala Poirier	27	28
30 0600 <i>Hatha/Vinyasa Yoga</i> Melissa Gordon	31 0800 <i>Power Flow Yoga</i> Mekala Poirier 1630-1730 <i>Jiu-Jitsu</i> kids 6-9 1730-1830 <i>Jiu-Jitsu</i> 9+ Nic Cartwright 1800 <i>Spin Class</i> Melissa Gordon				

Brazilian Jiu-Jitsu



Learn self-defense,
gain confidence and discipline,
get fit, challenge yourself,
and have fun.

Start Date: August 3

Class Information:

Tuesday & Thursday

*Kids age 6-9 16:30-17:30

*Kids age 9+ 17:30-18:30

Location: Gymnasium (Bldg. 266)

Fee: \$80/month

Maximum 9 students

*Children must be accompanied by an adult or guardian during class.

Fundamentals Program Instructor - Nic Cartwright



Torii Yoga

\$10 per class



Melissa Gordon (Yoga Instructor)

Monday 0600- Hatha/Vinyasa Yoga

Yoga provides exercise for the body and the mind. This class will focus on the fundamental poses and provide modifications for any body type to strengthen, align, and promote flexibility. Breath work and meditation techniques will also be included. All levels welcome.

Mekala Poirier (Yoga Instructor)

Tuesday 0800 / Thursday 1900- Power Flow Yoga

PFY strengthens and invigorates the body through power vinyasa, hatha, and yin yoga principles; going beyond the physical to address the energetic mind so we can incorporate our yoga flow into our life flow.

PFY is a moderate to intense yoga class that will leave you feeling revitalized. Sequences are created for all levels, but optimized for levels 2+.



SPIN CLASS

\$10 per class

Melissa Gordon (Spin Instructor)

Tuesday 1800 / Friday 0600

Indoor cycle is a great cardiovascular workout. This is a HIIT style class that uses hill climbs, interval work and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!



For more info contact Torii Physical Fitness Center at 652-4334/098-962-4334.

