

Drevna Fitness Schedule 2018

Classes are held at our new location in Wolf Plaza:

2078 Bennett Avenue, Lancaster, PA 17603 717-553-4088

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 9:30 am Drevna Fit | 5:30 am Strength First | 5:30 am Drevna Fit | 5:30 am Explosive Strength | 5:30 am Drevna Fit | 8 am Progressive Pilates |
| 10:30 am Drevna Fundamentals | 9:30 am Strength First | 7 am Early Bird Pilates | 8:30 am Yoga Fit | 7 am Early Bird Pilates | 9 am Drevna Yoga |
| 6 pm Drevna Fit | 10:30 am Drevna Fundamentals | 9:30 am Drevna Fit | 9:30 am Explosive Strength | 9:30 am Drevna Fit | 9 am Introduction to Pilates |
| 6:30 pm Progressive Pilates | 6 pm Explosive Strength | 10:30 am Upright Pilates | 10:30 am Drevna Fundamentals | 10:30 am Drevna Fundamentals | 9:30 am Drevna Fit |
| 7 pm Drevna Fundamentals | 7pm Strength First | 10:30 am Drevna Fundamentals | 6 pm Strength First | 11am Tai Chi for Balance | |
| | | 6 pm Drevna Fundamentals | 7pm Explosive Strength | | |
| | | 7 pm Drevna Fit | | | |

****Your first class is free!****

Description of Classes

Early Bird Pilates: Pilates classes for the “morning person”. A great way to start the day with floor exercises. All levels are welcome. ***

Explosive Strength: Explosive strength. Power. Clean & Jerk and Snatch and the variations of these lifts. This class is included in your Unlimited Drevna Fit membership.

Drevna Fit: This 55 min class incorporates strength and metabolic training. We will use a variety of modalities to increase your strength and your anaerobic/aerobic capacity. You will be challenged. You will achieve Strength. For Life.

Drevna Fundamentals: This 55 minute class is ideal for the individual who is new to strength and metabolic training. It’s also a great option for the seasoned athlete who prefers a lower intensity class. Focus is on impeccable form and technique. This is included in your Drevna Fit membership.

Yoga Fit: This class is designed for those who are new to yoga, recovering from an injury or returning to yoga. Our gentle yoga practice will focus on strength, flexibility, balance and alignment as we learn how to use our breath through each pose. ***

Pilates Introduction: This class focuses on basic Pilates principles: core strength, increased flexibility, breath control and correct alignment to improve posture. The result is more intentional, integrated movement. This class is for new participants or for those recovering from injury. A great place to start! ***

Progressive Pilates: This class expands beyond the basic Pilates repertoire and is designed for healthy bodies that can successfully demonstrate proper alignment and core stability. It is usually faster paced and involves more complex choreography. Safety is always a great concern for advanced classes, so knowing what feels right or wrong in your own body is a very important skill in this class. ***

Strength First: Foundational Strength. For Life. Or Sports. Squats. Dead Lifts. Lunges. Presses. Form & technique will be emphasized. This class is included in your Unlimited Drevna Fit membership.

T'ai Chi for Balance Class: Borrowing from the ancient martial art of T'ai Chi, this class offers a low impact, flowing sequence of exercises aimed at increasing overall sense of stability, improved posture, and energy. The goal of these movements is to be “straight, yet relaxed” without an increase in pain.

Upright Pilates: Leave the floor mats at home! All the benefits of a Pilates workout performed in standing and sitting positions. An added bonus to performing these strengthening and flexibility exercises in standing is the improvement of balance and a decrease in fall risk.

***Bring yoga mat, if you own one, for floor work