

FORTIUS Fitness Schedule 2015

Classes are held at our new location in Wolf Plaza:

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am FORTIUS Fit	5:30 am Strength First	5:30 am FORTIUS Fit	5:30 am Explosive Strength	5:30 am FORTIUS Fit	8 am Progressive Pilates
10:30 am FORTIUS Fundamentals	9:30 am Strength First	7 am Early Bird Pilates	8:30 am FORTIUS Yoga Fit Class starts 8/27/15	7 am Early Bird Pilates	9 am FORTIUS Yoga Fit Class starts 8/22/15
6 pm FORTIUS Fit	10:30 am FORTIUS Fundamentals	9:30 am FORTIUS Fit	9:30 am Explosive Strength	9:30 am FORTIUS Fit	9 am Introduction to Pilates
6:30 pm Progressive Pilates	6 pm Explosive Strength	10:30 am Upright Pilates	10:30 am FORTIUS Fundamentals	10:30 FORTIUS Fundamentals	9:30 am FORTIUS Fit
7pm FORTIUS Fundamentals	7pm Strength First	10:30 FORTIUS Fundamentals	6 pm Strength First	11am Tai Chi for Balance	
		6 pm FORTIUS Fundamentals	7pm Explosive Strength		
		7 pm FORTIUS 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 FORTIUS Fit membership.

FORTIUS 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.

FORTIUS 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 FORTIUS Fit membership.

FORTIUS 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 FORTIUS 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