

**Fast Fridays Slowdown Sundays: Carlyle Outdoor Fitness Series
as of 7/10/17**

Weekly Schedule	Time	Fitness Studio	Class Description
Friday, June 23	12:00-1:00PM	Mind the Mat	Flow Yoga - accessible to all levels
Sunday, June 25	9:30-10:30 AM	USPTO Fitness Center - Professional Fitness Management	Tai Chai - Tai Chi is an ancient form of exercise that brings balance to the mind and body. The health benefits include reduced blood pressure, stress, anxiety, balance, strength, and focus using a series of flowing full body movements linked to the breath. A Tai Chi practice outdoors encourages connection to nature and energy from the elements surround. Join us Sunday mornings for the ultimate Tai Chi experience!
Friday, June 30	12:00-1:00PM	Pure Barre	Pure Barre is the fastest, most effective, yet safest way to change your body. In this abbreviated 40 minute version of a Pure Barre class, you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. The Pure Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Each strength section of the workout is followed by a stretching section in order to create long, lean muscles without bulk. The technique works to defy gravity by tapering everything in and lifting it up!
Sunday, July 2	9:30-10:30 AM	Xtend Barre	"Yoga Flow with Xtend BarreOld Town: Traditional yoga is integrated with Xtend Barre energy, creating a class with just the right amount of strength and zen." Let me know if you need anything else.
Friday, July 7	12:00-1:00PM	USPTO Fitness Center - Professional Fitness Management	Get Moving! A full body workout using your own body weight. Bring a mat, water, and sweatband!

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Sunday, July 9	9:30-10:30 AM	Xtend Barre	"Yoga Flow with Xtend BarreOld Town: Traditional yoga is integrated with Xtend Barre energy, creating a class with just the right amount of strength and zen." Let me know if you need anything else.
Friday, July 14	12:00-1:00PM	Pilates Pro Works	Tone & Flow - Power up with a vigorous flow between yoga and Pilates in this athletic combo class. Using a mix of yoga postures and Pilates core strengthening moves, you will sculpt, tone, and flow your way to a strong body and a calm mind, while improving balance, flexibility, and stamina. This is a full-body workout that will leave you dripping with sweat.
Sunday, July 16	9:30-10:30 AM	Mind the Mat	Vinyasa Flow Yoga - Accessible to all levels
Friday, July 21	12:00-1:00PM	Pure Barre	"Pure Barre is the fastest, most effective, yet safest way to change your body. In this abbreviated 40 minute version of a Pure Barre class, you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. The Pure Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Each strength section of the workout is followed by a stretching section in order to create long, lean muscles without bulk. The technique works to defy gravity by tapering everything in and lifting it up!
Sunday, July 23	9:30-10:30 AM	USPTO Fitness Center - Professional Fitness Management	Tai Chai - Tai Chi is an ancient form of exercise that brings balance to the mind and body. The health benefits include reduced blood pressure, stress, anxiety, balance, strength, and focus using a series of flowing full body movements linked to the breath. A Tai Chi practice outdoors encourages connection to nature and energy from the elements surround. Join us Sunday mornings for the ultimate Tai Chi experience!

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Friday, July 28	12:00-1:00PM	Pilates Pro Works	Tone & Flow - Power up with a vigorous flow between yoga and Pilates in this athletic combo class. Using a mix of yoga postures and Pilates core strengthening moves, you will sculpt, tone, and flow your way to a strong body and a calm mind, while improving balance, flexibility, and stamina. This is a full-body workout that will leave you dripping with sweat.
Sunday, July 30	9:30-10:30 AM	Xtend Barre	"Yoga Flow with Xtend BarreOld Town: Traditional yoga is integrated with Xtend Barre energy, creating a class with just the right amount of strength and zen." Let me know if you need anything else.
Friday, August 4	12:00-1:00PM	USPTO Fitness Center - Professional Fitness Management	Dance Party! Enjoy Line Dancing and Zumba for all fitness levels!
Sunday, August 6	9:30-10:30 AM	USPTO Fitness Center - Professional Fitness Management	Tai Chai - Tai Chi is an ancient form of exercise that brings balance to the mind and body. The health benefits include reduced blood pressure, stress, anxiety, balance, strength, and focus using a series of flowing full body movements linked to the breath. A Tai Chi practice outdoors encourages connection to nature and energy from the elements surround. Join us Sunday mornings for the ultimate Tai Chi experience!
Friday, August 11	12:00-1:00PM	Pilates Pro Works	Tone & Flow - Power up with a vigorous flow between yoga and Pilates in this athletic combo class. Using a mix of yoga postures and Pilates core strengthening moves, you will sculpt, tone, and flow your way to a strong body and a calm mind, while improving balance, flexibility, and stamina. This is a full-body workout that will leave you dripping with sweat.
Sunday, August 13	9:30-10:30 AM	Mind the Mat	Vinyasa Flow Yoga - Accessible to all levels

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Weekly Schedule	Time	Fitness Studio	Class Description
Friday, August 18	12:00-1:00PM	USPTO Fitness Center - Professional Fitness Management	Strong by Zumba! Music Lead Interval Training....it's a workout party!
Sunday, August 20	9:30-10:30 AM	USPTO Fitness Center - Professional Fitness Management	Tai Chai - Tai Chi is an ancient form of exercise that brings balance to the mind and body. The health benefits include reduced blood pressure, stress, anxiety, balance, strength, and focus using a series of flowing full body movements linked to the breath. A Tai Chi practice outdoors encourages connection to nature and energy from the elements surround. Join us Sunday mornings for the ultimate Tai Chi experience!
Friday, August 25	12:00-1:00PM	Pure Barre	"Pure Barre is the fastest, most effective, yet safest way to change your body. In this abbreviated 40 minute version of a Pure Barre class, you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. The Pure Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Each strength section of the workout is followed by a stretching section in order to create long, lean muscles without bulk. The technique works to defy gravity by tapering everything in and lifting it up!
Sunday, August 27	9:30-10:30 AM	Mind the Mat	Vinyasa Flow Yoga - Accessible to all levels