



## WOODLAND

### Woodland JULY-AUG Class Schedule & VIRTUAL and In person CALANDER

Virtual: BLACK IN PERSON CLASSES: PINK (start dates in the Kaia app)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00am</b>	KAIA XX CORP or VACA		KAIA XX CORP or WDLD		Kaia XX WDLD	
<b>6:00am</b>		KAIA XX CORP	KAIA XX VACA	KAIA XX CORP	KAIA XX VACA	
<b>8:00am</b>	KAIA XX @THE PARK		KAIA XX @THE PARK	*7:00 KAIA XX VACA	KAIA XX @THE PARK	*8:15am YOGA/BARRE CORP
<b>8:30am</b>	KAIA XX CORP	KAIA XX CORP	KAIA XX CORP	KAIA XX CORP	KAIA XX CORP	*9:00 Kaia XX VACA
<b>10:00am</b>	*9:00 KAIA XX VACA	*9:00 KAIA XX WDLD	*9:00 KAIA LIFT VACA	*9:00 KAIA XX WDLD	*9:00 KAIA XX VACA	*10AM@ Park (check app for dates)
		*11am TRX WDLD	KAIA XX WDLD	*9:00 BARRE VACA	KAIA XX WDLD	
<b>12:00pm</b>		KAIA XX VACA	BARRE CORP			
<b>4:15pm</b>				KAIA XX WDLD		
<b>5:00pm</b>	YOGA CORP	*6pm Barre VACA	DANCE/BARRE CORP	*6:00 KAIA XX WDLD	*6pm Yoga WDLD	
	KAIA XX WDLD		*5:30 KAIA XX VACA			
	YOGA @The park					

- We will continue to upload to the Youtube channel as well [https://www.youtube.com/channel/UCqIQzGEV8ygcVaa-SU\\_Vgyw?utm\\_source=DailyStory&utm\\_medium=email&dsid=1234567890](https://www.youtube.com/channel/UCqIQzGEV8ygcVaa-SU_Vgyw?utm_source=DailyStory&utm_medium=email&dsid=1234567890)

-Please check out the Corporate Live classes in the app as well! Code is to sign in under Nevada/Kaia Corp (June Code:LIVEFREE July Code: JULYFREE

- You are also able to do any of the Vacaville/ Woodland Livestream classes! wldlvacafree is the code if needed.

#### Class Descriptions:

**Kaia XX:** Kaia cross-training classes are a unique mix of high intensity cardio, functional movement and both weighted and non-weighted exercises. Each day different and focusing on muscle confusion, energy and ever changing workouts to keep you engaged.

**KAIA LIFT:** Kaia designed programs focusing on large muscle groups and progressive strength training. Using a variety of strength training equipment to build that lean muscle mass.

**FLOW/STRETCH/YOGA/PILATES:** Kaia Flow combines mind and body with a power yoga and core-strengthening weekly workout with Pilates-style techniques. We focus on balance, strength, and cardiovascular fitness through stretching, strength training and dynamic movement to improve overall fitness levels. By creating long, lean muscles, Flow promotes improved coordination, greater flexibility and a fuller range of motion, with a strong body that's less prone to injury.

**BARRE:** Our barre-based class is a unique combination of postures inspired by ballet, yoga, Pilates and Kaia. Using the barre as a prop to balance, you'll complete a series of isometric holds combined with high reps of small range movements elongate and tone your major muscle groups.

**TRX:** TRX® Suspension Training® body-weight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. Whether you're younger or older, out of shape or a pro athlete, injured or at the top of your game, TRX Suspension Training meets you where you are and takes you where you want to go.