

2022 Beach Crawl - Class Schedule

TIME	CLASS	STUDIO and INSTRUCTOR	DESCRIPTION
8:30 – 8:50 AM	Calisthenics	PHORM Peter Viggiano	Basic Full Body Calisthenics Workout
8:55– 9:15 AM	Toning Express	Perspirology Guillian Buono	Toning Express Toning Express will feature our signature-perspirology-cardio-warm-up followed by full-body toning!
9:20 – 9:40 AM	Open Heart Yoga	Open Heart Yoga Flow Mary Ansell	Flow through poses and create new space in areas you need it most. Heart opening postures will be included where you could invite anything enriching and empowering inside. Hear detailed cues to help you flow in and out of poses with correct form and alignment. Challenge yourself and create more strength, balance & flexibility while improving your range of motion, mental focus, clarity and sense of gratitude.
9:45 – 10:05 AM	EYS Beach Boot Camp	THE FORT , EYS Boot Camp Matt	EYS Beach Boot Camp is a 3 station workout with a power, endurance and core training component. Designed for exercisers of all levels, this workout will be sure to bring out the soldier in you by challenging your strength, pumping your heart and will leave you feeling better than ever. Fall in!
10:10– 10:30 AM	Power Pilates	Pilates Blast Dani + Lizzie	30 Minute TOTAL BODY CLASS Finding muscles you never knew you had!
10:35 - 10:55 AM	The Wiseman Project	Even Flow Yoga Christian Valeriani	The Wisemen Project. Simply, we run 4 men’s retreats per year, combining movement, breathwork, nutrition, rest, and stress management as an equation to optimize wellness. The class will use yoga, qi gong and breathwork to build strong posture and therefore breathing.

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11:00– 11:20 AM	Hi-Performance Tuning	Mike's Body Shop Mike	Hi-Octane Performance Tuning: Want to get maximum output from your engine? Try this full body HIIT class that challenges your power and cardio output.
11:25-11:45	Positivity Warrior	SoulShine Studios + Wave Resort Jennifer Borenius	Invite the best version of you that you can with Jennifer's signature series and mantras where you will harness your power, positivity and gratitude in a dynamic and energetic series.
11:50 AM– 12:10 PM	Yoga and Transformational Breathwork	Yoga Collective + The Fort Bridget Riepl	Join us for a 20-minute yoga practice, followed by 10 blissful moments of transformational breathwork meditation and a deep, restorative savasana. This carefully curated sequence will encourage energy release and allow students to get out of the mind and into the body. Tapping into the breath creates opportunities for deep healing and life-changing physical and emotional release.
12:15- 12:35 PM	<i>FLEX</i>	PyourCore Alexa LaRocca	Challenging stability, building core strength, lengthening and toning muscles using resistance flex bands for a full body workout.
12:40 - 1pm	Enjoying the Present Moment	Wave Resort Ken Franco	Enjoying the Present Moment is a vinyasa flow series that grounds you and helps find your center.
1-2PM	Event Conclusion	Final Remarks + Clean Up	Sign Up for February 4, 2023, Goody Bags + Good Byes