


# The Village Group Exercise February 2012

All Classes Take Place At The Village Country Club, Unless Stated Otherwise.

Classes are **FREE** to all residents.

<p>Please visit The Village Country Club Fitness Center to sign a liability waiver prior to participating in a class.</p> <p>If you experience one or more health concerns listed on that page, please contact your physician prior to beginning the exercise program.</p>		Tuesday	Thursday	Saturday
		<p><b>Boot Camp</b> 6:15pm-7:15pm (Jennifer)</p>	<p><b>Tsada Flow Yoga</b> 5:30pm-6:30pm (Barb) at The Gate Clubhouse</p>	<p><b>Boot Camp</b> 10:30am-11:30pm (Jennifer)</p>
<p>Classes are <b>FREE</b> to all residents. No advanced registration required. Upon arrival for outdoor classes, sign in and present your Village ID card at The VCC Fitness Center main desk.</p>				<p><b>Tsada Flow Yoga</b> 11:30am-12:30pm (Barb) at The Gate Clubhouse</p>

## Class Descriptions:

**Tsada Flow:** Unwind, unkink and improve balance, flexibility, and poise. This hatha/vinyasa flow helps free the body, mind, and spirit. A great option for beginners to start and for all levels to enhance their practice.

**Boot Camp:** A synergistic approach to traditional boot camps incorporating plyometrics, strength training, tabata, interval training, kickboxing, and pilates. This is a total body workout designed for ALL fitness levels. Get ready to burn calories, increase flexibility/range of motion, tone, and strengthen muscles! Power Sculpt Boot Camp is a great way to enhance your traditional workout regime or start fresh with a new healthy, fit, lifestyle!

## Meet Your Instructors:

**Barb Totzke** owns Tsada Yoga located in the Southside on Lamar building in downtown Dallas. Barb received her 200-hour yoga teacher training from Alpha Omega Yoga (now Namah Shivaya Yoga). Formerly a senior associate athletic director at Southern Methodist University, Barb's yoga classes combine a physical workout, a positive message and a deeply relaxing finish.

**Jennifer Scheck** has been involved in the sports and fitness industry for eight years, teaching various boot camps, strength training and endurance conditioning. She is currently a Member of the International Sports Sciences Association (ISSA), and trained as a professional athlete for four years as an NFL Cheerleader. Her boot camps combine various modalities including tabata, kickboxing, pilates, strength training, and plyometrics.