

# July 2018 Group Fitness Schedule

\*\*\*Effective July 1\*\*\*

\*Please allow participants to exit room before entering for next class\*

TIME	MON	TUES	WED	THURS	FRI	SAT
5:45 a.m.	Total Body Cycle/KB Combo (MP) Joanne		Total Body Cycle/KB Combo (MP) Joanne		Total Body Cycle (MP) Joanne	
6:00 am		Body Pump (AR) Kathy		Body Pump (AR) Kathy		
7:00am		Pilates (MP) Denise C		Pilates (MP) Denise C		Spin Express (30 min) (MP) Joanne (7:15AM)
8:00 a.m.	<b>TURBO-SPIN (MP) DEE V.</b> ----- Body Pump (AR) Jill	Gentle Yoga (AR) Denise C ----- Cardio Intervals (Gym) Kathy	Spin (MP) Kathy ----- Body Pump (AR) Jill	Gentle Yoga (AR) Denise C	Yoga Core and Strength (AR) Kathy	Kettlebell/Stretch Combo (MP) Joanne (7:45) ----- Body Pump (AR) Rotates
9:00 a.m.	ZUMBA (GYM) Ruthmary ----- Chi Flow Yoga (MP) Megan ----- Pilates (AR) Jill	20/20/20 Fusion (GYM) Denise C ----- Advanced Step (AR) Jill	Yoga Strength and Balance (AR) Kathy ----- Groove It! (GYM) Megan	20/20/20 Fusion (GYM) Denise C ----- Pilates (AR) Jill	ZUMBA (GYM) Sara ----- Body Pump (AR) Ann ----- Spin (MP) Kathy	Pilates (MP) Kathy 9:00AM ----- Step & Core (AR) Jill 9:00AM
10:00 a.m.	Chair Fitness (AR) Denise C ----- Groove It!(GYM) Megan	Body Pump (AR) Ann ----- Total Body Cycle (MP) Joanne ----- Strong Ruthmary (GYM)	Senior Fitness (AR) Kathy ----- Zumba (GYM) Ruthmary ----- Strength/Cardio (MP) Megan	Kickboxing (AR) Jill ----- Total Body Cycle/Kettlebell Combo (MP)Joanne ----- Zumba (GYM) Sara	Pilates (AR) Kathy ----- Strong (GYM) Ruthmary	Zumba Ruthmary (GYM) ----- Step 101 (30 mins) (AR) Jill
11:00 a.m.	Hybrid-Barre LaKeishea(GYM)	Total Body Stretch (AR) Joanne	Hybrid-Barre LaKeishea(GYM)	Total Body Stretch (AR) Joanne	Hybrid-Barre LaKeishea(GYM)	Gentle Yoga (AR) Marc
4:00 p.m.		Kids Cardio-Circuit (MP) Shawn/Andrew		Kids Cardio-Circuit (MP) Shawn/Andrew		
5:30 p.m.	Body Pump (AR) Denise C	<b>Body Pump (AR) Rotate</b>	Boot Camp (AR) DEE V.	<b>Body Pump (AR) Rotate</b>	<p><b>PLEASE NOTE</b> All Fitness Classes are 50-55 Minutes in Length *Class schedule is subject to change without notice <b>CLASS LOCATION</b> GYM=Gymnasium AR=Aerobics Room MP=Multi-purpose Room</p> <p>The following classes require a pass from the Fitness Desk: Total Body Stretch, Body Pump, Spin, Total Body Cycle and Kettlebell Combo</p>	
6:30 p.m.	Gentle Yoga (AR) Marc	Dance, Dance, Dance Cardio (AR) DEE V.	Yoga (AR) Marc	Dance, Dance, Dance Cardio (AR) DEE V.		

## Group Fitness Class Descriptions

**20/20/20 Fusion:** A workout for your entire body. 20 minutes of heart pumping cardio, 20 minutes of weights and a final 20 minutes of core/stretch work. Plan to push yourself and get the most out of this workout. A combination of steps, bands, weights, balls and bodyweight will be used. **Participants should bring a mat.**

**Advanced Step:** Participants should have knowledge of Step; expect High Intensity Interval Segments w & w/o Propulsion to maximize fat and calories burned! Step aerobics burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks.

**Boot Camp:** A high intensity workout designed around interval training that will maximize your workout time and fat burning ability!

**Body Pump:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more. **Participants should bring their own mat. \*\*NEW students should arrive 5-10 min. before class for brief instruction on movements & technique.**

**Cardio Intervals:** A high intensity cardio class which alternates periods of high intensity exercise with low intensity recovery period. This will increase fitness and burn more calories over a short period of time. Use of steps, plyometric and body weight exercises. All fitness levels. **Participants should bring their own mat.**

**Chair Fitness:** This class is a fusion of Yoga poses for Core Stability and Flexibility, while incorporating weights and band work for total body strength and stretching exercises. All levels of fitness are welcome. **Participants should bring their own mat.**

**Chi Flow Yoga:** Chi Flow Yoga is a combination of gentle yoga poses and tai chi mindfulness techniques to increase vitality and balance, relieve muscle tension, encourage relaxation, and relieve stress. **Participants should bring their own mat.**

**Dance, Dance, Dance Cardio:** A little bit of dance, a little bit of body bearing exercises and abs, of course, and a whole lot of fun. You won't even realize you are working out while you dance and sweat off the calories. **Participants should bring own mat.**

**Gentle Yoga:** Restore, Revitalize, & Renew your mind and body while you ease into poses to release stress, strengthen your "Core" and increase bone density. Great for all levels of fitness. **Participants should bring their own mat.**

**Groove It!** Take it to the dance floor and burn 300-500 calories with easy to learn and easy to follow dance moves. No experience required for this cardio exercise dance class designed for all fitness levels. Come for the tunes, stay for the fun!

**Hybrid Barre:** This class is a fun and empowering class. These classes focusing on postural strength and alignment, followed by a series of upper body exercises using light resistance. The balance barre/spin bike is used to sculpt the lower body, abs and for flexibility training. **\* Participants should bring their own mat.**

**Kickboxing:** High energy cardio kickboxing. Punch and kick your way to a slimmer, leaner body!

**Kids Cardio Circuit Training:** Kids Cardio Circuit Training class is a fun and interactive class which includes a combination of strength training, cardio circuit training. We will have several stations set up with different activities for students to rotate through in a short period of time. **Parents may accompany child but adults cannot attend without a child in class. Class is for children ages 8-12 only.**

**Pilates:** A low impact class performed mainly on the floor. A super workout to strengthen the abs, glutes, and back muscles. **Participants should bring a mat.**

**Senior Fitness:** A combination of light cardio, balance, stretching and use of light weights and resistance bands to help maintain cardiovascular health, strength, flexibility and balance. **All fitness levels. No mat required.**

**Spin:** This indoor cycling class will challenge the new rider as well as the seasoned cyclist. The instructor leads the class on a variety of cycling courses. **Class size limited to 15 participants. Spin Express is the 30-minute version.**

**Step 101:** is a 30-minute introductory version of this class.

**Step & Core:** 40 minutes of step followed 15 minutes of core and cool down. **Participants should bring their own mat**

**Stretch and Balance:** A full body stretch to increase flexibility, decrease muscle tension and develop core strength while improving balance through routine exercises. For all fitness levels. **Participants should bring their own mat.**

**Strength and Cardio:** Build a strong, functional body with combination strength training and cardio workout. Smart, varied training designed to work all muscle groups. Lift and sweat to a better you.

**STRONG:** STRONG by Zumba™ is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. ... STRONG by Zumba™ is also characterized by a unique system of progression.

**Total Body Cycle:** Total Body Cycle incorporates a traditional cycling class with total body strengthening and stretching exercises. You will work your body from head to toe in this class. **Class size is limited to 15 participants.**

**Total Body Cycle/Kettlebell/Stretch Combo:** Adds a short kettlebell workout at the end of a 35 minute cycle workout. **Class size is limited to 15 participants.**

**Total Body Stretch:** A total body stretching class that will increase range of motion, joint mobility and strength. **Participants should bring their own mat.**

**Turbo-Spin:** this class targets the large muscle groups (calves, hamstrings and thighs) in your legs to shape up fast, whilst strengthening the abdominal muscles, necessary to maintain your upper body rhythm.

**Yoga-** Utilizes basic yoga poses to increase strength, balance, and flexibility. Great stress reliever. **Participants should bring their own mat.**

**Yoga Core and Strength** - All are welcome to explore conscious ways to move and feel better about your body by participating in this class that targets the midsection through strengthening exercises and yoga postures. **Participants should bring a mat.**

**Zumba:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.