

# DECEMBER 2020 Group Fitness Schedule

\*\*\*Effective December 1\*\*\*

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

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 am		**Body Pump (AR) VIRTUAL		**Body Pump (AR) VIRTUAL		
7:00am	Les Mills Virtual Body Pump (AR)(6:30)	Body Flow(AR) VIRTUAL	Les Mills Virtual Body Pump (AR)(6:30)	Body Flow(AR) VIRTUAL	Les Mills Virtual Body Pump (AR)(6:30)	
8:00 a.m.	TURBO-SPIN(CR) DEE V ----- CXWORX (AR) VIRTUAL	STEP (AR) Jill	TURBO-SPIN(CR) DEE V ----- CXWORX (AR) VIRTUAL	STEP (AR) Jill	TURBO-SPIN(CR) DEE V ----- CXWORX (AR) VIRTUAL	**Body Pump (AR) VIRTUAL
9:30 a.m.	<b>KICK-PUNCH-CORE (9AM)</b> <b>Matt (GYM)</b> ----- Body Pump(9am) (AR) VIRTUAL	Groove It!! (GYM) Megan ----- <b>Virtual BARRE(AR)</b>	<b>KICKBOXING (9AM)</b> JILL(GYM) ----- Body Pump(9am) (AR) VIRTUAL	Groove It!! (GYM) Megan ----- <b>Gentle Yoga (AR)</b> <b>Denise C.</b>	<b>20/20/20</b> <b>Denise C.(GYM)</b> <b>(9:00AM)</b> ----- Body Pump <b>(9am)(AR)</b> VIRTUAL	Advance Step-w/ Intervals (AR) Jill <b>9:00AM</b> ----- <b>ZUMBA 10:00</b> (GYM) <b>Kristi</b>
10:30 a.m.	<b>ZUMBA (10AM)</b> MATT (GYM) ----- BODY FLOW (AR) VIRTUAL	FLOW YOGA (AR) MEGAN ----- <b>Strong Nation (GYM)</b> <b>Matt</b>	<b>ZUMBA (10AM)</b> MATT (GYM) ----- BODY FLOW (AR) VIRTUAL	Strength & Cardio Intervals (GYM) MEGAN ----- <b>Strong Nation(AR)</b> <b>Matt</b>	<b>ZUMBA (10AM)</b> MATT (GYM) ----- BODY FLOW (AR) VIRTUAL	<b>Gentle Yoga(AR)</b> <b>Marc</b> <b>(10:00)</b>
11:00 a.m.	Stretch & Restore Esmeralda(AR) <b>(11:15)</b>		Hybrid-Barre/Ab Attack <b>(11:00)(GYM)</b> Matt		Stretch & Restore Esmeralda(AR) <b>(11:15)</b>	<b>Gentle Yoga(AR)</b> <b>Marc</b> <b>(11:00)</b>
12:00 p.m.	<b>12:20pm</b> Virtual Body Pump	<b>12:15pm</b> Virtual Body Pump	12:15pm Virtual Body Pump	<b>12:15pm</b> Virtual Body Pump	<b>12:20pm</b> Virtual Body Pump	
5:30 p.m.	CHISEL & BURN (AR) ESMERALDA	Body Pump (AR) ANN ----- <b>TURBO-SPIN</b> <b>(6pm) Dee V.</b>	GRIT (AR) VIRTUAL	Body Pump (AR) ANN	<b>PLEASE NOTE</b> <b>All Fitness Classes are 50 Minutes</b> <b>*Class schedule is subject to change</b> <b>without notice</b> <b>CLASS LOCATION</b> GYM=Gymnasium AR=Aerobics Room  CR=Class Room	
6:30 p.m.	Stretch & Restore (AR) Esmeralda	ZUMBA Kristi (AR)	Stretch & Restore (AR) Esmeralda	ZUMBA Kristi (AR)		

## Group Fitness Class Descriptions

**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.

**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. *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.*

**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.*

**CHISEL & BURN:** This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, bodyweight exercises and finishes with core training and stretching for a complete workout. All-Levels.. All fitness levels.

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

**20/20/20:** A fusion of Kickboxing and Core Intervals. Burns calories and firms the midsection.

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

**Les Mills Virtual Body Pump- LES MILLS™** Virtual workouts combine world-leading fitness programs with pumping sound and motivation from some of the Hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results.

**Les Mills Virtual Body Flow –** Flow yoga style class. Please bring a mat.

**Les Mills GRIT–** High energy BOOTCAMP style class.

**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.*

**Advanced Step w/ intervals:** 50 minutes of step with Interval training. *Participants should bring their own mat.*

**Strength and Cardio Intervals:** 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.

**Stretch & Restore:** 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.*

**STRONG Nation™:** 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.

**Kick/Punch/Core - A High Intensity Tempo Training making you jump, push, punch and kick in perfect sync with the music. This class combine standing and ground exercises for a challenging full body workout leaving you drenched in sweat. 30 minute format.**

**Flow Yoga-** Explore conscious ways to move and feel better about your body, this class targets the entire body through strengthening exercises and yoga postures. *Participants should bring a mat.*

**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.

**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.