

Group Exercise Class Schedule

January 3rd- February 10th

January 2 nd - February 10 th					
	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am – 7:00am	Bootcamp 6:15am (45 Minutes) Lynda		Bootcamp 6:15am (45 Minutes) Lynda		Bootcamp 6:15am (45 Minutes) Lynda
12:15pm – 12:55pm		Yoga Flow 12:15pm (40 minutes) Lynda	Core & More 12:15pm (30 minutes) Karen	Relaxation Yoga 12:15pm (40 minutes) Lynda	Kickboxing 12:15pm (45 Minutes) Lynn
4:00 – 5:30pm	Foundations 4:15pm (30 minutes) Lynda	Zumba 4:00-4:45pm Lynda 4:50-5:30pm Kettlebells Karen	Cardio Circuit – 4:15pm (45 minutes) Karen	Kettlebells 3:45- 4:30pm Strength 4:45-5:30pm	

CLASS DESCRIPTIONS

Boot Camp- A moderate to high-intensity workout that incorporates both cardio and resistance focusing on functional movements. You will work up a sweat and increase your heart rate! Moves can be modified to fit your abilities.

Cardio Kickboxing- Learn the basic techniques for kickboxing. We will combine these moves into a great workout for your heart and lungs, shoulders, hips and core. The music will rev you up and you will leave with a smile on your face!

Cardio Circuit Training- We set up a variety of stations targeting different muscle groups or athletic skills such as strength, balance, and aerobic endurance. You travel from station to station, switching every minute. The variety keeps your heart rate up providing an excellent calorie burn. You control the intensity at each station which makes this an excellent workout for all fitness levels. Let the energy of the class motivate you to do your personal best!

Core & More - A strong core leads to a strong, fit body that will be less prone to injury. This low impact class will focus on the abdominal and lower back muscles, as well as hips and glutes. Improve posture and balance with mat, band, and stability exercises. Prevent stiffness and discomfort throughout the day by promoting a well-balanced, resilient core. A great lunchtime workout without the cardio sweat.

Flow Yoga- Flow yoga helps to warm the muscles as you are stretching so that they move more easily. You will get a feel for the poses that are planned, then link them together with your breath for an energized yoga workout.

Flows may be planned for overall body work, or aimed more specifically to hip openers, chest openers, etc. Expect frequent level changes from standing to the floor. Class will end with a relaxation (savasana).

Foundations- In a way, your body is like a house- you must first build a good foundation in order to build a solid structure. Foundations classes help you develop a solid base of fitness on which to build an effective program to help you reach your goals. Foundations helps you learn correct movement patterns while becoming familiar with a variety of equipment and exercises.. It's a great way to rev up the metabolism in a less intense format of interval training.

KettleBells- Functional fitness providing an individual with the ability to move better. We will be utilizing proper form and technique and gradually increasing workload based upon optimal movement.

Relaxation Yoga- You will feel relaxed and strengthened as you are guided through stretching and yoga poses combined with breath work. The class is taught in a flowing style to warm up, with longer holds as the class progresses. Class will end with a relaxation/meditation section.

Strength - A workout that utilizes various forms of resistance from bodyweight, dumbbells, kettlebells and more, to increase your strength and build muscle tone. This class can be modified for your level of fitness.

Zumba- Ditch the workout and join the party! Zumba fuses hypnotic Latin rhythms and other world music with easy to follow dance and fitness moves. Class cuing is mostly nonverbal. Express yourself and have fun while you burn calories with Zumba!