



Community
Campus



GROUP EXERCISE SCHEDULE

COMMUNITY CAMPUS

SUMMER II SESSION (7/24 – 8/27/17)

Group Exercise Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule Begins July 24, 2017 and ends August 27, 2017 and is subject to change . Be advised that you should consult a physician prior to starting an exercise program.	5:30-6:30am Group Cycling Donna-ICR	5:30-6:30am Step & Tone Aleda-MPR2	5:30-6:30am Group Cycling Karen-ICR	5:30-6:30am Total Body Donna-ICR		7:00-7:55am Group Cycling Annmarie-ICR	8:40-9:35 am Bolly-X Sairah-MPR2
	8:00-8:55am Scientific Yoga Guruji-MPR2	8:00-8:55am Zumba® Rachel-MPR2	8:00-8:55am Scientific Yoga Guruji-MPR2	8:00-8:55am Fit for Life Angela-MPR2	8:00-8:55am Zumba® Rachel-MPR2	8:00-8:55am High Intensity Mix Up Eleonor-MPR2	9:15-10:25am Power Yoga Sandy-MPR1
Class Rules: Minimum age to attend classes is 13 years old, unless otherwise marked. Participants must arrive no later than 10 minutes after class starts. Classes are first come, first serve. Pick up numbers in the Cardio room desk for sessions indicated. Participants are expected to put away equipment used during classes and must sign in after class is over.	9:00-9:45am Total Body Angela-MPR2	9:00-9:45am Boot Camp Cindy-MPR2	9:00-9:45am Zumba® Rachel-MPR2 9:00-9:45am Group Cycling Annmarie-ICR	9:00-9:45a Pilates Angela-MPR2	9:00-9:45am Step Staci-MPR2	8:00-9:00am Kickboxing Annmarie-SGT**	9:40-10:25 am Boot Camp Annmarie-MPR2
	9:50-10:30am Zumba® Kathy-MPR2	9:50-10:30am Pilates Angela-MPR2	9:50-10:30am Core Strength Annmarie-MPR2	9:50-10:30am Zumba® Kathy-MPR2	9:50-10:30am Zumba/Bhangra Kathy-MPR2	9:00-9:55am Zumba® Samantha-MPR2	10:30-11:45 am Power Yoga Sandy-MPR1
	10:35-12:00pm Healing Yoga Shuchi-MPR2	10:35-11:30am Zumba/Bollywood Sakshi-MPR2			1:00-2:15pm Healing Yoga Shuchi-MPR2	9:00-10:15am Yoga Shuchi-MPR1	10:30-12pm Tai Chi Wing-MPR2
	6:30-7:25pm Group Cycling Annmarie-ICR (10yrs-adult)	6:30-7:15pm Zumba® (Parents and Kids) Kathy-MPR2 (7yrs-adult)	6:30-7:25pm Total Body Angela-MPR2	6:30-7:25pm HIIT Annmarie-MPR2	6:30-7:25 pm Zumba/Bollywood Sakshi-MPR2	10:30-11:45 am Yoga Shuchi-MPR2	11:00-12pm Kickboxing Annmarie-SGT**
Key MPR1: Multi Purpose Room 1 MPR2: Multi Purpose Room 2 ICR: Indoor Cycling Room SGT**: Small Group Training (5 wks - \$65)	7:00-7:55pm Core Strength & Toning Sandy-MPR2	7:30-8:25pm Boot Camp Eleonor-MPR2	7:30-8:25pm Zumba/Bollywood Sakshi-MPR2	7:30-8:25pm Pilates Angela-MPR2 (10yrs-adult)	7:30-8:25pm Healing Yoga Jhankhna-MPR2		
Classes That Require Numbers: Zumba, Zumba/Bollywood, Bolly-X, Tuesday AM Boot Camp, Core Strength	8:00-9:15pm Power Yoga Sandy-MPR2						
	8:00-9:00pm Tighten & Tone Mary-SGT**		8:00-9:00pm Tighten & Tone Mary-SGT**				

GROUP EXERCISE CLASS DESCRIPTIONS

JULY 24–AUGUST 27, 2017

COMMUNITY CAMPUS

BOLLY-X: The Bollywood Workout is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts

BOOTCAMP: This combination of resistance and strength training class designed to be performed in a circuit or interval set adds different exercises and equipment that will give your entire body a full work-out.

CIRCUIT TRAINING: An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations

CORE STRENGTH: This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

FIT FOR LIFE: Exercise program including cardiovascular, strength and flexibility designed so participants establish their own goals so people of all ages and levels will fit right in.

GROUP CYCLING: Instructor lead non-impact cardio ride on specialized bikes simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. Limited bikes are available.

HEALING YOGA: A comprehensive and balanced hatha flow yoga practice including breathing, meditation, and deeper relaxation through Shavasana for deeper healing of mind and body.

H.I.I.T: This is a challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

HIGH INTENSITY MIX UP: Each week, this class will consist of a blend of various High Intensity class formats such as HIIT, Tabata, Boot Camp, and Circuit Training.

KICKBOXING (Small Group Training): This classes utilizes upper and lower body kickboxing moves to provide general strength and conditioning to participants and also demonstrates proper technique.

KIDS FITNESS: A class consisting of fun and challenging aerobic and strength exercises for the younger population.

PILATES: Pilates is a body conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core or center, and improving coordination and balance.

POWER YOGA: A more athletic-based yoga class with challenging movements.

SCIENTIFIC YOGA: This class focuses on the Chakras of the body and the health of the organs.

SPORTS CONDITIONING (Small Group Training): This class will help with running technique and conditioning that is translatable to sports and other physical activities. Learn the skills to enhance your workouts, perform better athletically, and move properly.

STEP: Focuses on sequential aerobic movement with the use of a Step for cardiovascular benefit.

TABATA: Push yourself and workout hard for 20 seconds then rest for 10 seconds until you complete 8 rounds/sets of the same exercise.

TAI CHI: An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation and health.

TAI CHI WARM UP: A class that emphasizes slow, methodical movements for flexibility and relaxation without completing the 37 Step Form.

TIGHTEN & TONE (Small Group Training): This Small Group Training class will help tone and sculpt your body to provide defined muscles.

TOTAL BODY: Classes include cardiovascular, strength, and flexibility exercises to work the entire body.

YOGA: Yoga increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain. **Bring your own yoga mat.

ZUMBA®: Classes feature exotic rhythms set to high energy Latin and international beats.

ZUMBA/BOLLYWOOD: This class features an energetic fusion of Latin and Bollywood rhythms.

