



Community  
Campus



# Fall I

September 3 - October 27

## GROUP EXERCISE SCHEDULE

**Key:**

MPR1: Multi Purpose Room 1

MPR2: Multi Purpose Room 2

ICR: Indoor Cycling Room

#: Number needed to attend class

**Classes That Require Numbers:**

Zumba, Zumba/ Bollywood, Bolly-X, Bhangra, Wed AM Core Strength, Pound Fit

**Want to stay up-to-date with class changes and cancellations?**

Visit our website stop by the Welcome Center to sign up for text alerts!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:30am <b>Group Cycling</b> Nancy-ICR	5:30-6:30am <b>Total Body</b> Donna-MPR2	5:30-6:30am <b>Group Cycling</b> Karen-ICR	5:30-6:45am <b>Sunrise Yoga</b> Nancy-MPR2	5:30-6:30am <b>Yoga</b> Alpha-MPR2		
						7:00-7:55am <b>Group Cycling</b> Rebecca-ICR	
	8:00-8:55am <b>Scientific Yoga</b> Guruji-MPR2	8:00-8:55am <b>Zumba® #</b> Rachel-MPR2	8:00-8:55am <b>Scientific Yoga</b> Guruji-MPR2	8:00-8:55am <b>Fit for Life</b> Angela-MPR2	8:00-8:55am <b>Zumba® #</b> Rachel-MPR2	8:00-8:55am <b>Circuit Training</b> Eleonor-MPR2	8:40-9:35 am <b>Bolly-X #</b> Sairah-MPR2
	9:00-9:45am <b>Total Body</b> Angela-MPR2	9:00-9:55am <b>Pilates</b> Angela-MPR2	9:00-9:45am <b>Zumba® #</b> Rachel-MPR2	9:00-9:45am <b>Pilates</b> Angela-MPR2	9:10-9:55am <b>Pound Fit® #</b> Karen-MPR2	9:00-10:15am <b>Yoga</b> Shuchi-MPR1	9:15-10:25am <b>Power Yoga</b> Sandy-MPR1
			9:00-9:45am <b>Group Cycling</b> Rebecca-ICR			9:00-9:55am <b>Zumba® #</b> Samantha-MPR2	
	9:50-10:30am <b>Zumba® #</b> Rachel-MPR2	10:00-10:55am <b>Zumba/</b> <b>Bollywood #</b> Sakshi-MPR2	10:00-10:45am <b>Core Strength #</b> Gary-MPR2	9:50-10:30am <b>Bhangra #</b> Sakshi-MPR2	10:00-10:40am <b>Zumba #</b> Rachel-MPR2	10:00-10:55am <b>Step &amp; Tone</b> Aleda-MPR2	9:40-10:25 am <b>STRONG By</b> <b>Zumba</b> Bhavana-MPR2
	9:50-10:30am <b>Group Cycling</b> Rebecca - ICR						
	10:35-12:00p <b>Healing Yoga</b> Shuchi-MPR2			10:35-11:15am <b>Circuit Training #</b> Gary-MPR2		10:30-11:45 am <b>Yoga</b> Shuchi-MPR1	10:30-11:45 am <b>Power Yoga</b> Sandy-MPR1
					1:00-2:15pm <b>Healing Yoga</b> Shuchi-MPR2		
	7:00-7:55 pm <b>Core Strength</b> <b>&amp; Toning</b> Sandy-MPR2	6:30-7:25pm <b>Zumba® #</b> Bindiya-MPR2 (7yrs-adult)	6:30-7:25pm <b>Total Body</b> Angela-MPR2	6:30-7:25pm <b>STRONG by</b> <b>Zumba</b> Bhavana-MPR2	6:30-7:25 pm <b>Zumba/</b> <b>Bollywood #</b> Sakshi-MPR2		
	7:00-8:00pm <b>JCC/Zumba</b> Gym A	7:30-8:25pm <b>Boot Camp</b> Eleonor-MPR2	7:30-8:25pm <b>Zumba/</b> <b>Bollywood #</b> Sakshi-MPR2	7:30-8:25pm <b>Pilates</b> Angela-MPR2	7:30-8:45pm <b>Healing Yoga</b> Jhankhna-MPR2		
	8:00-9:15pm <b>Power Yoga</b> Sandy-MPR2						1st Sun of the Month Only 4:00-5:00pm <b>LiveStrong</b> <b>Yoga</b> Shuchi-MPR2

**Group Exercise Schedule** is **subject to change**. Be advised that you should consult a physician prior to starting an exercise program.

**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.



Community  
Campus



# GROUP EXERCISE CLASS DESCRIPTIONS

Fall I

September 3 - October 27

**BHANGRA:** This class is an amazing bhangra based calorie blazing fitness workout utilizing basic but powerful moves

**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.

**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.

**POUND®:** This exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

**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.

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

**STRONG BY ZUMBA®:** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

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

**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

**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.