



GROUP EXERCISE CLASSES AUGUST 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise AUGUST SCHEDULE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am—6:30am		Wicked Wake Up Jen		Wicked Wake Up Jen		Weighted Interval Jen	
7:00am—7:30am		Interval Mix Jen	Pilates Mat Class Jen	Interval Mix Jen	Pilates Mat Class Jen	Interval Mix Jen	
7:45-8:30am		Yoga Flow Jen		Gentle Yoga Jen		Restorative Yoga Jen	
8:30 or 9:00am Start Time		Power Step Varied 9:00-10:00am	RIP Varied 9:00-10:00am	Interval Mix Varied 9:00-10:00am	RIP Varied 9:00-10:00am	Power Step Varied 9:00-10:00am	
11:30am-12:15pm							
4:00-5:00pm			Interval Mix Justin		Weighted Interval Justin		
5:15 OR 5:30pm Start Time		Cardio MashUp Jen 5:15-6:00pm	HIIT It Justin 5:15-6:00pm	RIP Trisha 5:30-6:30pm	Interval Mix Justin 5:15-6:00pm	Tai Chi Tom 5:30-6:30	
6:00pm or 6:15pm Start Time		RIP Jen 6:00-7:00pm	Zumba Lynne 6:15-7:00pm		Zumba Lynne 6:15-7:00pm		
7:15-8:00pm		Yoga Flow Jen					

COST: Member: **\$FREE** Non-Member: Daily Fee

RIP: Group Rx-RIP is a barbell program for able-bodied men & women of all ages & all fitness levels. While using traditional strength training & matching movement to music, it allows people to work at their own level, whether you're the average person or a seasoned lifter. Get ripped!

POWER STEP: it's a step program designed to push your cardio edge into high gear & work the legs in every plane of motion, both on the step and on the floor. Power Step strengthens the heart, increases bone mineral density, improves coordination, and tones the lower body with every step you take.

TRANSFORM: This class by Group Rx unites yoga & sport like never before. This mind/body experience features traditional yoga poses, sport-influenced movement, and strength.

ZUMBA: Zumba fuses hypnotic Latin rhythms and easy to follow, core-focused moves that create a fun fitness program that will get you smiling and wanting more.

Yoga Flow: A flow of asanas for intermediate levels, will challenge your strength and balance. **Gentle Yoga:** Seated Hatha poses will enhance greater range of motion. **Restorative Yoga:** provides mental & emotional relaxation through stretching with use of a yoga strap.

HIIT It: (High Intensity Interval Training) This is a challenging interval circuit workout. Options are given for beginning, intermediate, and advanced abilities.

Interval Mix: A challenging interval class using a variety of training methods. Class options include Tabata (a HIIT format using 20/10 timing), ascending or descending Intervals, circuits, etc. Options given for all levels of ability.

Wicked Wake Up: Feel invigorated with fun & challenging drills, circuits, intervals, and more. Takes place in the Gym and /or MP Room.

Weighted Intervals: Weight training with dumbbells and barbells matched to Tabata music cueing; Eight rounds of 20 seconds of work followed by 10 seconds of recovery.

Cardio MashUp: Experience several of our classes (in small doses) all in one class. Get your cardio with Power Step, Tabata, Kickboxing, etc.

Pilates Mat Class: (Beginner/Intermediate Level) You will learn the basics, fundamentals and proper technique of Pilates mat, focusing on body connections, breathing, alignment and awareness. This class is great for newcomers to Pilates and for those who want to refine their knowledge, understanding and ability.