



GROUP EXERCISE CLASSES

JULY (JULY 8—31) 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Group Exercise JULY 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 | | |
| 6:00pm or 6:15pm Start Time | | RIP Jen 6:00-7:00pm | Zumba Lynne 6:15-7:00pm | TRANSFORM Trisha 6:35-7:05pm | 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.