



GROUP EXERCISE CLASSES SPRING 2 (Apr. 8—May 19) 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise SPRING 2 SCHEDULE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am—6:30am		Boot Camp Jen	Interval Mix Jen	Boot Camp Jen	Interval Mix Jen	Weighted Interval Jen	
7:00am—7:45am		Interval Mix Jen	Pilates Mat Class Jen	Interval Mix Jen	Pilates Mat Class Jen	Interval Mix Jen	
7:45-8:30am		Yoga Stretch Jen	Yoga Stretch Jen	Yoga Stretch Jen	Yoga Stretch Jen	Yoga Stretch Jen	
8:30 or 9:00am Start Time		Power Step Rachel 9:00-10:00am	RIP Rachel 9:00-10:00am	Interval Mix Rachel 9:00-10:00am	RIP Rachel 9:00-10:00am	Power Step Rachel 9:00-10:00am	TRANSFORM Trisha NEW 8:30-9:30am
11:30am-12:15pm			Zumba Gold Gil		Zumba Gold Gil		
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 5:30-6:30pm	
6:00pm or 6:15pm Start Time		RIP Jen 6:00-7:00pm	Zumba Lynne 6:15-7:00pm	TRANSFORM Trisha NEW 6:35-7:05pm	Zumba Lynne 6:15-7:00pm		
7:45-8:30pm			Yoga Stretch 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: Yoga Stretch fuses basic hatha asanas and athletic stretches. Classic yoga poses help build good biomechanics, stamina, strength, and enjoyment.

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.

Boot Camp: 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.

Tai Chi: Fundamental martial arts movements are done slowly & deliberately with emphasis on balance and control. It promotes strength and resilience in the legs as well as flexibility, balance, and general health.