



# GROUP EXERCISE CLASSES

## SUMMER (July) 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Group Exercise SUMMER SCHEDULE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am—6:30am		Boot Camp Jen	Tabata Jen	Boot Camp Jen	Tabata Jen	Weighted Interval Jen	
7:00am—7:45am		Tabata Mix Jen		Tabata Mix Jen		Tabata Mix Jen	
7:45am-8:15am		Yoga Stretch Jen		Yoga Stretch Jen		Yoga Stretch Jen	
8:30am—9:30am							TRX John
9:00am—10:00am		Power Step Rachel / Trish	RIP Rachel / Trish	Tabata Rachel / Trish	RIP Rachel / Trish	Power Step Rachel / Trish	
5:15 OR 5:30pm Start Time		Cardio MashUp Jen 5:15pm Start	HIIT It Justin 5:15pm Start	RIP Trish 5:30pm Start	Tabata Justin 5:15pm Start	Tai Chi Tom 5:30pm Start	
6:00, 6:15 pm OR 6:45pm Start Time		RIP Jen 6:00pm Start	Zumba Lynne 6:15pm Start		Zumba Lynne 6:15pm Start		
7:45pm Start Time			Yoga Stretch Jen				

**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.

**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:** The PM Yoga class include components of both Hatha and Vinyasa yoga. Hatha is slower-paced, gentle, and a good intro to the basic yoga poses. Vinyasa is breath-synchronized & flowing.  
**Yoga Stretch:** Hatha yoga poses plus athletic stretches.

**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.

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

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

**Tabata:** A 45-60 minute HIIT class where you work all-out with a handful of exercises, each one in 8 cycles where you work "all-out" for 20 seconds & recover for 10 seconds.

**Tabata Mix:** 45-minutes of cardio & strength exercises, mixed together.

**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.

**TRX :** Suspension bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. This class uses the TRX, a performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

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