



Effective Fall 2020

group fitness studio schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	 Kelly		 Kelly			
9:00 AM	 Shirleen		 Shirleen		 Shirleen	 Fred Amanda
10:00 AM	 Kim		 Kim		 Kim	 Lisa
12:00 PM		 Kim		 Kim		
4:30 PM			 ** Erica			
5:00 PM		 *Patrick		 *Patrick		
5:30 PM	 Beth	 Nicole	 Beth	 Nicole		
		 Amanda		 Amanda		
7:30 PM		 Lisa		 Lisa		

## getting to know your classes

### LES MILLS BODY PUMP



#### All in 1

Body Pump is a 60 minute barbell program for able-bodied men and women of all ages. This routine caters to fitness levels by keeping it simple with athletic movements such as squats, lunges, chest presses, and bicep curls. It is choreographed to be achievable by the average person, yet allows seasoned lifters and other well conditioned athletes to work at their level by utilizing the weight pyramid.

All Components of physical fitness in this all in 1 class. Cardio, strength, balance, core and flexibility in 60 minutes. Feeling fitter has never been so enjoyable as you increase your cardio fitness, build strength, improve your balance and flexibility, all in a supportive group environment with motivating music and caring instructors.

This 55 minute, fast paced, explosive step workout will leave you upbeat and ready for more. Burn up to 620 calories, improve heart and lung fitness, increase endurance, strength and coordination. Your legs will love you, eventually!

Challenge yourself to this high energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. You can burn 555 calories in a 55 minute BODYATTACK class.

**\*\* Class fee is \$2 per class**



Burn the calories and have fun dancing to latin rhythms. This fifty minute class is designed for any one. . . But come prepared to sweat! And don't worry, you don't have to be a dancer to participate. Participants are encouraged to just have fun and not worry about how they are moving.



Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors. Increase your energy as you reduce stress.



#### Forever Fit

This class is designed for the young at heart exerciser. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power. The class format includes a warm-up composed of rhythmic range of movement exercises, work with resistance tools, cool down, and final stretch. It is an equipment-based, multi-level, total body conditioning class in which students use hand-held weights, elastic tubing with handles, a ball and a chair for standing and/or seated support. 45 - 50 minute duration class.



TRX is an innovative way to develop muscle strength and endurance using a unique strap system where you utilize your body weight as resistance. The class is not only great for increasing muscular strength but it is great for developing core strength as well. Additional benefits include improvements in balance and flexibility. Classes range from 30 minutes to 40 minutes.

**\*Class limited to 4 participants for phase 3**

**First come, first serve**

Class is held in Court #1 on the backside of the track