

# FALL 2018

## GROUP X SCHEDULE

MONDAY		
Time	Class / Instructor	Location
6:15a - 7:15a	Indoor Cycling / LIZ	MP 2
12:15 - 1:15	Power Hour / TIM	MP 1
5:15 - 6:15	SPLASH / ROBIN	Pool
6:00 - 7:00	Spinsanity / ERNEST	MP 2
<b>7:15 - 8:15</b>	<b>*Tae Kwon Do</b>	<b>MP 2</b>

TUESDAY		
Time	Class / Instructor	Location
12:00 - 12:30	Gym Yoga / ELAINE	MP 1
12:30 - 1:30	Yoga on Barre' / ELAINE	MP 1
5:00 - 6:00	ZUMBA / SHAE	MP 1
6:00 - 7:00	Riding Rhythms / VANESSA	MP 2

WEDNESDAY		
Time	Class / Instructor	Location
6:15a - 7:15a	Indoor Cycling / LIZ	MP 2
12:15 - 1:15	ALL IN ONE / TIM	MP 1 & 2
4:30 - 5:00	Beginning Yoga / ELAINE	MP 1
5:00 - 6:00	Yoga on Barre' / ELAINE	MP 1
5:15 - 6:15	SPLASH / ROBIN	Pool
6:00 - 7:00	Spinsanity 3.2.1 / ERNEST	MP 2

**\* Tae Kwon Do is a specialty class.  
The fee to participate is \$50/month.  
Fee must be paid before the first class  
each month.**

THURSDAY		
Time	Class / Instructor	Location
12:00 - 12:30	Gym Yoga / ELAINE	MP 1
12:30- 1:30	Yoga on Barre' / ELAINE	MP 1
5:00 - 6:00	ZUMBA / SHAE	MP 1
5:15 - 6:15	SPLASH / ROBIN	Pool
5:30 - 6:30	Run/Sprint Cycle / VANESSA	MP 2
6:15 - 7:15	Step & Weights / PAULA	MP 1
<b>7:15 - 8:15</b>	<b>*Tae Kwon Do</b>	<b>MP 2</b>

FRIDAY		
Time	Class / Instructor	Location
12:15 - 1:15	Minute to WIN it! / TIM	MP 1

SATURDAY		
Time	Class / Instructor	Location
10:00 - 11:00	Interval Cycle / ERIN	MP 2
11:15 - 12:15	Barbell Burn / JENNY K.	MP 1

### Class Locations

MP 1 - Multipurpose Room 1  
MP 2 - Multipurpose Room 2

### Hours of Operation

Monday - Thursday 6am - 9pm  
Friday 6am - 8pm  
Saturday 8am - 3pm  
Sunday 10am - 3pm

UPDATED AS OF Monday, August 20, 2018

A class may be canceled if less than 5 participants are present at the scheduled class time.  
\*class schedule is subject to change

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# Class Descriptions

**Beginning Yoga** - classic yoga emphasizing the practice of correct alignment and the modification of alignment for the most important beginning yoga poses (asanas) and stretches. Learn the basic alignments of the 'ideal' pose, and the modifications of the 'ideal' that are right for you.

**Yoga on Barre** - classic yoga practiced as a mindfulness meditation, coordinating breath, still poses (asanas) and movement on a ballet bar. It improves flexibility, strength, balance, coordination & relaxation. It is a mind-body practice designed to promote calm minds and healthy bodies. Yoga is famous for its ability to relieve stress and back pain, and serves to cultivate the ability to learn and to adapt.

**Gym Yoga** - classic yoga practiced on mat with the rhythmic discipline of Pilates and calisthenics. It includes practice with hand weights for the upper arms, chest and upper back, as well as core exercises for the abdomen, lower back, hips and thighs.

*Anyone new to indoor cycling should arrive 10 minutes early for proper setup and instruction.*

\* **Run/Sprint Cycle** – Cardio Spinning class designed to have fun and burn calories through series of runs, sprints, jumps, loops and ladders resulting in a full body workout. Beginners, intermediate and advanced spinners will be challenged according to your own pace.

\* **Indoor Cycling** - Start the morning with an invigorating ride to get you energized to face the day. Classes are focused on endurance, strength and interval training. Challenge yourself on hills and flats by modifying cadence levels to improve stamina, heart and lung function, and to build strength in the legs and core. Classes can be modified for beginners. So come join the “Morning Crew”, and experience the fun and health benefits of indoor cycling.

\* **ALL IN ONE** – In this high intensity class, you will do a little bit of everything! Start with a 25 min bike ride and finish with a full cardio and strength based workout!!!

\* **Spinsanity** - (*beginner to advanced*) Sane and safe cadence based, high intensity indoor cycling experience emphasizing Hard Fun and motivating music. Instructors urge you to "push past your comfort zones", while encouraging you to "listen to your own body". Spin Sanity challenges and encourages your mind, body and spirit.

\* **Spinsanity 3.2.1.** - (*beginner to advanced*) 30 minutes of cycling, 20 minutes of strength work and 10 minutes of yoga/pilates style stretching make this class ideal for persons interested in hitting all three components of fitness. Additionally, the class is modular - so you can leave after taking one or two parts if you choose. Music matches the modules and drives the class.

\* **Riding Rhythms** - (*beginner to advanced*) Cadence and rhythm based class using intervals and motivating music to raise heart rate. Upbeat music, challenging transitions and clear, energetic instructions make this class Hard Fun. Great warm ups and cool downs wrap around the indoor cycling designed to take you out of your comfort zone.

**Power Hour** - This class focuses on all major muscle groups in a boot camp/interval format. Push beyond your limits using your own body weight, dumbbells, and atomic movements for an intense experience!!

**SPLASH** - Enjoy the water! Sculpt your muscles with a variety of cardiovascular exercises using various props. Recommended for all fitness levels. And workout to your favorite tunes.

**Minute to WIN It** - Using a hybrid of interval training and circuits, participants will complete a series of timed exercises to get a total body workout! This class is sure to get your heart pumping, build strength and push you beyond your limits!

**Barbell Burn** - With atomic athletic movements such as squats, lunges, lifts, presses and curls combined with plyometrics and calisthenics; strength train and challenge your major muscle groups while increasing your heart rate and feeling the burn! SPACE IS LIMITED. RESERVATION TICKETS AT FRONT DESK.

**Step & Weights** - Using steps and weights, perform cardio movements combined with strength training for a total body workout.

**ZUMBA** - takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie burning dance fitness party. ZUMBA is a total body workout, combining all elements of fitness.

\* Bike Reservation Tickets - Please pick up a bike reservation ticket from the front desk to secure a bike for class.

Tickets are given out 1 hour prior to class time; 1 (one) ticket per person. Tickets not required for the 6:15 am class. If bikes are available at the scheduled start time, those without tickets may join class.

Ticket holders MUST be on time for class; you WILL lose your spot once class starts.

Please be prompt for all classes. Exercise demonstration, instructions, and warm-ups performed at the beginning of class are very important. We want everyone to have a safe and fun workout experience!