



**Group Exercise Classes 6/17 - 8/11**

**Each class will be held in an 8-week session format.**

**Participants must register for each individual class.**

**Elite & FitCombo Members - \$0**

**Member - \$40 per class Non-Member - \$50 per class**

**\*MORNING CLASSES ONLY ON WEDNESDAY, JULY 3**

**NO CLASSES ON THURSDAY, JULY 4**

**\*NEXT AVAILABLE SIGN-UP DATE: JULY 30**

CLASS:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	151124-1D	Tracey Z.	Mon	6/17-8/5	Room 301	5:45-6:35A
Virtual Boot Camp	151124-1DVR	Tracey Z.	Mon	6/17-8/5	Virtual	5:45-6:35A
Anything Goes	151114-1D	Vicki	Mon	6/17-8/5	Room 301	9:00-10:00A
Virtual Hatha Yoga	151323-1DVR	Terry	Mon	6/17-8/5	Virtual	10:00-10:50A
Zumba	151072-1D	Jessica	Mon	6/17-8/5	Room 301	11:00-11:50A
Boot Camp	151144-1D	Janet	Mon	6/17-8/5	Room 301	5:00-5:50P
Virtual Boot Camp	151144-1DVR	Janet	Mon	6/17-8/5	Virtual	5:00-5:50P
TRX Kettlebell	151118-1D	Nick	Mon	6/17-8/5	WCB Act.	5:15-6:05P
FitCycle	151461-1D	Melanie	Tue	6/18-8/6	Room 201	8:00-8:50A
Fabucore	151023-1D	Lesley	Tue	6/18-8/6	Room 301	9:00-9:50A
Virtual Fabucore	151023-1DVR	Lesley	Tue	6/18-8/6	Virtual	9:00-9:50A
Gentle Cardio Dance	151117-1D	Laurel	Tue	6/18-8/6	Room 301	10:00-10:50A
HIIT	151115-1D	Nora	Tue	6/18-8/6	Room 301	5:15-6:05P
Virtual HIIT	151115-1DVR	Nora	Tue	6/18-8/6	Virtual	5:15-6:05P
Weighted Interval Training	151006-1D	Nora	Tue	6/18-8/6	Room 301	6:15-7:05P
Boot Camp	151126-1D	Tracey Z.	Wed	6/19-8/7	Room 301	5:45-6:35A
Virtual Boot Camp	151126-1DVR	Tracey Z.	Wed	6/19-8/7	Virtual	5:45-6:35A
TRX Kettlebell	151118-1DD	Nick	Wed	6/19-8/72	WCB Act.	9:00-9:50A
Total Body Conditioning	151127-1D	Vicki	Wed	6/19-8/7	Room 301	9:00-9:50A
Total Body Stretch	151017-1D	Vicki	Wed	6/19-8/7	Room 301	10:00-10:30A
Fabucore	151129-1D	Lesley	Wed	6/19-8/7	Room 301	5:00-5:50P
Virtual Fabucore	151129-1DVR	Lesley	Wed	6/19-8/7	Virtual	5:00-5:50P
Guns & Abs	151021-1D	Janet	Wed	6/19-8/7	Room 301	6:00-6:50P
Virtual Guns & Abs	151021-1DVR	Janet	Wed	6/19-8/7	Virtual	6:00-6:50P
Virtual Hatha Yoga	151145-1DVR	Terry	Wed	6/19-8/7	Virtual	7:00-7:50P
TRX Basics	151149-1D	Melanie	Thu	6/20-8/8	WCB Act.	5:45-6:35A
Strictly Strength	151132-1D	Janet	Thu	6/20-8/8	Room 301	9:00-9:50A
Virtual Strictly Strength	151132-1DVR	Janet	Thu	6/20-8/8	Virtual	9:00-9:50A
Power Hour Cardio	151139-1D	Nora	Thu	6/20-8/8	Room 301	5:15-6:05P
Virtual Power Hour Cardio	151139-1DVR	Nora	Thu	6/20-8/8	Virtual	5:15-6:05P
Barre	151133-1D	Nora	Thu	6/20-8/8	Room 301	6:15-7:05P
Boot Camp	151134-1DV	Tracey Z.	Fri	6/21-8/9	Room 301	5:45-6:35A
Body Sculptor	151130-1D	Janet	Fri	6/21-8/9	Room 301	9:00-9:50A
Restorative Yoga	151136-1D	Laurel	Fri	6/21-8/9	Room 301	10:00-10:50A
Lunchtime Boot Camp	151137-1D	Nora	Fri	6/21-8/9	Room 301	12:15-1:05P
Lunchtime Virtual Boot Camp	151137-1DVR	Nora	Fri	6/21-8/9	Virtual	12:15-1:05P
Cycling	151141-1D	Nora/Melanie	Sat	6/22-8/10	Room 201	8:00-8:50A
Virtual Hatha Yoga	151140-1DVR	Terry	Sun	6/23-8/11	Virtual	9:00-9:50A

\*Classes that do not meet minimum participation will be cancelled for the entire 8-week session.

# GROUP FITNESS CLASS DESCRIPTIONS

## **ANYTHING GOES**

Challenge yourself and take it to the next level with a class that lets you experience something new each week. The instructor will get the heart pumping with exciting routines that may include strength training, cardio and a variety of equipment.

## **BARRE**

The ballet barre is your best friend during this class full of micro and isometric strength movements. Using light weights and lots of reps this class will target muscles you forgot you had!

## **BOOT CAMP**

The only thing we can promise about Boot Camp is that it will get you sweating! Be ready for different styles of cardio and strength training intended to work your entire body.

## **CYCLING**

Love the calorie burning benefits of cardio but don't have a lot of time? Come take a ride during this 50-minute class, sure to get you sweating while working the legs and core.

## **FABUCORE**

This class is designed to strengthen ab and back muscles. The class is fun, educational, and full of practical advice on maintaining a strong core and posture throughout the day. A variety of ab, posture, and yoga work will be included.

## **FITCYCLE**

Jump on in and experience the ride of your life! This cycling class combines intensity and focus as one experiences the burn as well as benefits from various stretching movements. Take your cycling to a higher level and join in for a unique approach to your fitness.

## **GENTLE CARDIO DANCE**

This low impact cardio class mixes a variety of dance movements. This class involves the following: cardio, dance, strength, coordination, core, and balance.

## **GUNS & ABS**

Join us for upper body sculpting and toning along with core strengthening. We keep things fresh by utilizing techniques including circuits, mat work, and free weights set to an invigorating soundtrack.

## **HATHA YOGA**

This class introduces the new and experienced students who want to connect to the key elements of Yoga practice. Introducing the fundamentals of Yoga with a focus on breathing and alignment. One will be guided through Yoga postures to build strength, stamina and flexibility.

## **RESTORATIVE YOGA**

Restorative Yoga is a gentle and nurturing practice that focuses on relaxation, restoration, and rejuvenation of the body, mind, and spirit. In this class, participants will explore a series of restful poses supported by props such as blankets, bolsters, and blocks, allowing the body to fully surrender into each posture.

## **HIIT**

HIIT or High Intensity Interval Training is the BEST way to lose fat and get fit . . . fast! It's a well-known "secret" with fitness trainers that short bursts of higher intensity exercise WORKS to get RESULTS. The HIIT class combines cardio, strength, core and functional training.

## **POWER HOUR CARDIO**

Workout your frustrations in this high-intensity class! You will burn fat and relieve stress while gaining a great sense of self-confidence.

## **TRX®**

Ramp up your workout with this combination class. Improve your strength, mobility, and balance in this calorie burning class.

## **STRICTLY STRENGTH**

Do you want to shape your body and develop strength, endurance and lean muscle? Discover the benefits of strength training. Not only does it have the potential to increase lean muscle and metabolism, it may help improve balance, flexibility, mobility and stability.

## **TOTAL BODY CONDITIONING**

This class combines low impact aerobics with strength training and resistance exercises using hand weights, Xertubing, and stability balls. Work all the major muscle groups targeting the cardiovascular and muscular systems and a cool down incorporating flexibility.

## **TOTAL BODY STRETCH**

In this class, we'll explore a variety of stretching techniques and exercises to target different muscle groups, improve joint mobility, and release tension accumulated from daily activities or intense workouts.

## **WEIGHTED INTERVAL TRAINING**

Use light to moderate weights allowing you to work your full body in a short period of time. The combination of using weights with multiple repetitions can burn fat and calories both during and after your workout, improving muscle tone, strength and overall health.

**\*All instructors can modify classes for every fitness level.**