

GROUP FITNESS LAND SCHEDULE

MONDAY			
Time	Class	Level	Location
5:30 - 6:15 a.m.	Power Cycle	2-3	II
5:30 - 6:15 a.m.	Yoga	All	Conf Rm
6:20 - 7:00 a.m.	Cardio Core	2-3	I
6:20 - 7:00 a.m.	Morning Stretch	All	Conf Rm
8:30 - 9:25 a.m.	Fit for Life	1-2	I
8:30 - 9:25 a.m.	Cy-Yo	2-3	II
9:30 - 10:25 a.m.	Zumba	All	I
9:35 - 10:30 a.m.	Cardio Core	All	II
10:35 - 11:30 a.m.	Barre	2-3	I
10:35 - 11:30 a.m.	Gentle Yoga	1-2	II
12:00 - 12:30 p.m.	Power Cycle Express	2-3	II
4:30 - 5:15 p.m.	Burn and Firm	2-3	I
5:15 - 5:25 p.m.	Ab Blast	All	I
5:30 - 6:30 p.m.	Pilates Mat (The Basics)	All	II
5:30 - 6:25 p.m.	X-treme Kick Box	3	I
6:30 - 7:30 p.m.	Sculpt U.	All	I
6:30 - 7:45 p.m.	Power Yoga	2-3	II/Conf Rm

TUESDAY			
Time	Class	Level	Location
5:40 - 5:55 a.m.	Ab Blast	All	I
6:00 - 6:50 a.m.	X-treme Chaos	2-3	II
6:00 - 7:00 a.m.	Sculpt U.	All	I
7:00 - 8:00 a.m.	Cy-Yo	All	II
8:15 - 9:00 a.m.	Yoga	All	I
8:15 - 9:00 a.m.	Trekking	All	C Rehab
8:30 - 9:25 a.m.	Pilates Mat	2-3	II
9:05 - 9:55 a.m.	Burn and Firm	2-3	I
10:00 - 11:00 a.m.	Sculpt U.	All	I
10:35 - 11:30 a.m.	Basic Yoga/Pilates Fusion	1-2	II
11:00 - 11:55 a.m.	Tai Chi -- A Practice **	All	I
12:00 - 12:45 p.m.	Barre	All	I
4:30 - 5:30 p.m.	Sculpt U.	All	I
4:30 - 5:30 p.m.	Yoga	All	II
5:35 - 6:30 p.m.	Zumba	All	I
5:35 - 6:30 p.m.	X-treme Chaos	3	Gym
5:45 - 6:30 p.m.	Power Cycle	2-3	II
6:35 - 7:30 p.m.	Barre	2-3	I
6:35 - 7:30 p.m.	Yoga (The Basics)	All	II

DECEMBER 1 2016 – FEBRUARY 28 2017

WEDNESDAY			
Time	Class	Level	Location
5:30 - 6:15 a.m.	Power Cycle	2-3	II
5:30 - 6:15 a.m.	Yoga	All	Conf Rm
6:20 - 7:00 a.m.	Cardio Core	2-3	I
8:30 - 9:25 a.m.	Fit for Life	1-2	I
8:30 - 9:25 a.m.	X-treme Cycle	3	II
9:30 - 10:25 a.m.	Zumba	All	I
9:35 - 10:30 a.m.	Power Yoga	2-3	Conf Rm
10:35 - 11:30 a.m.	Barre	2-3	I
10:35 - 11:30 a.m.	Gentle Yoga	1-2	II
12:00 - 12:30 p.m.	Power Cycle Express	2-3	II
4:30 - 5:15 p.m.	Power Step	2-3	I
5:15 - 5:25 p.m.	Ab Blast	All	I
5:30 - 6:15 p.m.	Zumba (The Basics)	All	II
5:30 - 6:30 p.m.	Sculpt U.	All	I
6:30 - 7:30 p.m.	Yoga	All	II/Conf Rm

THURSDAY			
Time	Class	Level	Location
5:40 - 5:55 a.m.	Ab Blast	All	I
6:00 - 7:00 a.m.	Sculpt U.	All	I
7:00 - 8:00 a.m.	Cy-Yo	All	II
8:15 - 9:00 a.m.	Yoga	All	I
8:15 - 9:00 a.m.	Trekking	All	C Rehab
8:30 - 9:25 a.m.	Pilates Mat	2-3	II
9:05 - 9:55 a.m.	Burn and Firm	2-3	I
10:00 - 11:00 a.m.	Sculpt U.	All	I
10:35 - 11:30 a.m.	Basic Yoga/Pilates Fusion	1-2	II
11:00 - 11:55 a.m.	Tai Chi -- A Practice **	All	I
12:00 - 12:45 p.m.	Barre	All	I
4:30 - 5:30 p.m.	Sculpt U.	All	I
4:30 - 5:30 p.m.	Vin Yin Yoga	All	Conf Rm
4:30 - 5:15 p.m.	Trekking	All	C Rehab
5:35 - 6:30 p.m.	Barre	All	I
5:35 - 6:30 p.m.	Insanity	3	Gym
6:45 - 7:30 p.m.	Tai Chi -- A Practice **	2-3	Conf Rm

** Tai Chi participants must have completed the Tai Chi Introductory Session.
 *** Weekend Yoga classes will rotate formats of Gentle Yoga, Yoga, Pilates, and PiYo

GROUP FITNESS POLICIES

- ◆ All schedules in this brochure are subject to change.
- ◆ 2 students must be present for class or it will be canceled.
- ◆ No students will be permitted to enter a class *more than 10 minutes late*. This is for your own safety.
- ◆ If you must leave class early, please be sure to cool down and stretch properly.
- ◆ Inform the instructor of any injuries/limitations of which he or she should be aware.
- ◆ Proper footwear is essential. Aerobic/cross-training shoes recommended. No running shoes. Participants should wear water fitness shoes in aqua classes.
- ◆ For your safety, all participants must review the pool policies before using the pool.

WINTER 2016 - 2017

FRIDAY			
Time	Class	Level	Location
5:30 - 6:15 a.m.	Power Cycle	2-3	II
5:30 - 6:15 a.m.	Yoga	All	Conf Rm
6:20 - 7:00 a.m.	Cardio Core	2-3	I
6:20 - 7:00 a.m.	Morning Stretch	All	Conf Rm
8:30 - 9:15 a.m.	X-treme Chaos	3	Gym
8:30 - 9:25 a.m.	Step Challenge	2-3	I
8:30 - 9:25 a.m.	Fit for Life	1-2	II
8:30 - 9:25 a.m.	Yoga	All	Conf Rm
9:35 - 10:30 a.m.	Insanity	2-3	I
9:35 - 10:30 a.m.	Yoga	All	Conf Rm
10:35 - 11:30 a.m.	Barre	2-3	I
10:35 - 11:30 a.m.	Gentle Yoga	1-2	II
5:45 - 6:30 p.m.	Fighting Fit	2-3	I

SATURDAY			
Time	Class	Level	Location
8:00 - 8:45 a.m.	Power Cycle	2-3	II
9:00 - 9:50 a.m.	Barre	2-3	I
9:00 - 9:55 a.m.	Yoga ***	All	Conf Rm
10:00 - 10:50 a.m.	Instructor's Choice	2-3	I
10:15 - 11:15 a.m.	Tai Chi -- A Practice **	All	Conf Rm
11:00 - 12:00 noon	Sculpt U.	All	I

SUNDAY			
Time	Class	Level	Location
1:30 - 2:15 p.m.	Power Cycle	2-3	II
2:15 - 2:30 p.m.	Ab Blast	All	II
2:45 - 3:45 a.m.	Sculpt U.	All	I
2:45 - 3:45 a.m.	Yoga ***	All	Conf Rm

Location Key:

MPP = Multi Purpose Pool WWP = Warm Water Pool
 I = Studio I (downstairs) II = Studio II (upstairs)
 Conf. Rm = Conference Room C Rehab = Cardiac Rehab. (upstairs)
 Gym = Basketball Court

Fitness Levels:

Level 1: For participants who are new to aerobic/exercise programs. Class includes basic movements and sequences that are low-impact.
Level 2: For the slightly more experienced participant. Classes include simple movement patterns that may vary in intensity levels.
Level 3: For the experienced aerobic participant. Class includes more challenging movement patterns at higher intensity levels.

**For up-to-date class schedule information,
 call the Group Fitness Hotline
 777-3232.**

GROUP FITNESS LAND CLASS DESCRIPTIONS

Ab Blast: It's crunch time! Come join us for an intense 10-15-minute abdominal conditioning class.

Barre: Set to fun and energetic music, the barre class incorporates an upper body workout and a combination of high-intensity sequences of thigh, seat, and core exercises at the barre. Each class is designed to let you feel invigorated, challenged, and inspired.

Basic Yoga/Pilates Fusion: The best of both worlds -- basic yoga for flexibility and strength, Pilates to improve posture and strengthen core muscles. You can't beat this class.

Burn and Firm: Get it done all in one class -- cardio intervals to burn calories mixed with strength/toning intervals to strengthen and tone muscles.

Cardio Core: Prepare to work your core muscles as you move your body. Cardio plus core work -- the perfect pair.

Core Stretch: Energize your body and mind with a sequence of exercises that stretches your muscles, strengthens core muscles, and improves your flexibility, posture and balance.

Cy-Yo: Bring studio cycling and Yoga together for a great experience. Be prepared to enhance your cycling workout by following it with a great yoga workout. The best of two worlds!

Fighting Fit: You've got to fight hard to increase your fitness level. Try this powerful fighter's workout to achieve your goals. Using the skills of mixed martial arts, you will kick, punch, and work your way to a new fitness level, increasing endurance, strength, and flexibility.

Fit for Life: A fun, energetic, low-impact aerobics and strength training workout designed for those members who are new to exercise or those members preferring a low impact class. This class will keep you fit for life.

Insanity: You've seen the info-commercials! Do you want INSANE results? Then this is the class for you. Get ready to push harder and Dig Deeper®. You're going to love this class.

Instructor's Choice: This class will offer a different cardio format each week. Call the Hotline (777-3232) to check for class format and instructor name.

Morning Stretch: Start your day right by energizing your body and mind with a sequence of exercises that will stretch your muscles, improve your flexibility, posture and balance. You will leave this class feeling great and ready for your day ahead.

Pilates Mat: Based on the classical Pilates sequence, this class provides the basis for a life-time of health. Your body WILL change as Pilates mat work is the alpha and omega of core workouts. Pilates Mat (The Basics) teaches you the basics of the classical Pilates sequence.

Power Cycle: Pedal your way to a healthier you. This high intensity, interval training indoor cycling workout is designed to improve performance, increase strength and endurance. This class combines energizing music with power-packed intervals, aggressive hill climbs, and drills to push you to your personal edge! Power Cycle Express packs this workout into a 30-minute time frame. Get ready to sweat!

Power Step: Get ready for a full class of non-stop step for the intermediate to advanced stepper.

Sculpt U.: This class sculpts your body while educating participants of proper body alignment and form. This total body workout matches traditional strength training movements to music creating a great exercise experience for each participant.

Step Challenge: Challenge your brain as well as your body with this choreographed Step class. Intricate combinations take this step class to the next level.

GROUP FITNESS LAND CLASS DESCRIPTIONS

(CONTINUED)

Tai Chi - A Practice: A class for all students of Tai Chi. Class will be taught in a progressive manner -- warm-ups, a practice and review of Introduction to Tai Chi, followed by Tai Chi Basics Part II, followed by Tai Chi For Health, and then followed by Tai Chi Advanced. Participants are free to leave the class when they have achieved their practice. Please note: Group Fitness participants in this class must have completed the 6-week Introduction to Tai Chi Class.

Trekking: This treadmill-based class is the perfect workout for walkers and runners of all levels. Take your fitness goals to the next level using a variety of speed, climb, and endurance intervals. Get ready to sweat!

X-treme Chaos: Ready to push yourself to the max -- X-treme Chaos is for you!!! You'll never know what to expect -- but each class is guaranteed to have you asking "Can I do it?" You'll amaze yourself when you find the answer is "Yes, I did".

X-treme Cycle: Bring studio cycling to a new level. Be prepared to enhance the traditional cycling workout with intervals utilizing a variety of fitness styles and equipment.

X-treme Kick Box: Take your workout to a new level. This kick box class includes power and speed drills of all kinds to vary the workout and take you to the next level. Get ready to sweat!

Yoga, Power Yoga, PiYo, and Gentle Yoga: Yoga classes combine flexibility training and functional strength exercises to balance muscles, improve core strength, and promote self-awareness and overall well-being. Power Yoga is a combination of strong, flowing movements to create a high-energy workout. (Prior yoga experience is preferred in order to participate in Power Yoga.)

PiYo is a blend of Yoga and Pilates. Gentle Yoga provides a less strenuous yoga class for those not yet ready for the demands of other yoga classes.

Perfect for those who are looking for a more relaxed workout. **Yin - Yin** Yoga starts with a 30-minute energetic flow, linking breath with motion to build heat, endurance, flexibility and strength; followed by a Yin style practice with slow and deeper meditative stretches held for longer periods of time. Yin will nourish the joints and connective tissues of the body resulting in a fully rested central nervous system. Yoga (The Basics) will teach you the basics of a yoga practice.

Zumba: This fun-filled hi-lo impact cardio class combines Latin moves, hip-hop, funk, and belly dancing! You will have fun with this one! Ditch the workout -- Join the Party!!! Zumba (The Basics) is an introductory class for participants new to Zumba or those looking for a less intense workout.

GROUP FITNESS SCHEDULE

WINTER 2016 - 2017

McLeod

Health & Fitness Center

McLeod Health and Fitness Center Hours of Operation

Monday - Thursday 5:30 a.m. until 10:00 p.m.

Friday 5:30 a.m. until 8:00 p.m.

Saturday 7:00 a.m. until 7:00 p.m.

Sunday 1:00 p.m. until 7:00 p.m.