

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.	Sunrise Yoga	All	Conf Rm
5:30 - 6:20 a.m.	Barre	All	I
8:30 - 9:25 a.m.	Fun → Fitness	1-2	I
8:30 - 9:25 a.m.	Insane Cycle	3	II
9:30 - 10:25 a.m.	Zumba	All	I
9:30 - 10:20 a.m.	Yoga Sculpt	All	Conf Rm
9:35 - 10:30 a.m.	Step and Core	2-3	II
10:30 - 11:30 a.m.	Gentle Yoga	All	Conf Rm
10:35 - 11:30 a.m.	Barre	All	I
12:00 - 12:30 p.m.	Power Cycle Express	2-3	II
5:30 - 6:15 p.m.	X-treme Kick Box	3	I
5:30 - 6:30 p.m.	Pilates Mat (The Basics)	All	II
6:15 - 7:00 p.m.	SWEAT!	2-3	I
6:30 - 7:45 p.m.	Power Yin	2-3	Conf Rm

TUESDAY

Time	Class	Level	Location
5:25 - 5:40 a.m.	Ab Blast	All	I
5:45 - 6:45 a.m.	Sculpt U.	All	I
6:20 - 7:00 a.m.	Pilates Mat	All	Conf Rm
8:15 - 9:00 a.m.	Yoga	All	I
8:15 - 9:00 a.m.	Trekking	All	C Rehab
9:05 - 9:55 a.m.	Cardio Kick Box	2-3	I
10:00 - 11:00 a.m.	Sculpt U.	All	I
10:30 - 11:30 a.m.	Pilates Mat (The Basics)	All	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 - 5:40 p.m.	Yoga	All	Conf Rm
5:35 - 6:30 p.m.	Barre	All	I
5:35 - 6:30 p.m.	X-treme Chaos	3	Gym
6:35 - 7:30 p.m.	Yoga	All	Conf Rm

JUNE 1 – AUGUST 31

WEDNESDAY

Time	Class	Level	Location
5:30 - 6:15 a.m.	Power Cycle	2-3	II
5:30 - 6:20 a.m.	Barre	All	I
8:30 - 9:25 a.m.	Fun → Fitness	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.	Power Yoga	2-3	Conf Rm
10:35 - 11:30 a.m.	Barre	All	I
10:40 - 11:30 a.m.	Yoga	All	Conf Rm
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.	Power Cycle	2-3	II
5:30 - 6:30 p.m.	Sculpt U.	All	I
6:30 - 7:45 p.m.	Yoga	2-3	Conf Rm

THURSDAY

Time	Class	Level	Location
5:25 - 5:40 a.m.	Ab Blast	All	I
5:45 - 6:45 a.m.	Sculpt U.	All	I
6:20 - 7:00 a.m.	Pilates Mat	All	Conf Rm
8:15 - 9:00 a.m.	Yoga	All	I
8:15 - 9:00 a.m.	Trekking	All	C Rehab
9:05 - 9:55 a.m.	Burn and Firm	2-3	I
10:00 - 11:00 a.m.	Sculpt U.	All	I
10:30 - 11:30 a.m.	Gentle Yin	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 - 5:40 p.m.	Vin Yin Yoga	All	Conf Rm
5:35 - 6:30 p.m.	Cardio Kick Box	2-3	I
5:35 - 6:30 p.m.	Barre	All	II
6:45 - 7:45 p.m.	Tai Chi -- A Practice **	All	Conf Rm

** Tai Chi—A Practice participants must have completed the Tai Chi Basics – Part I classes..

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.

SUMMER 2019

FRIDAY

Time	Class	Level	Location
5:30 - 6:15 a.m.	Power Cycle	2-3	II
5:30 - 6:15 a.m.	Sunrise Yoga	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.	Fun → Fitness	1-2	II
8:30 - 9:25 a.m.	Yoga	All	Conf Rm
9:35 - 10:30 a.m.	SWEAT!	2-3	I
9:35 - 10:30 a.m.	Yoga	All	Conf Rm
10:00 - 11:00 a.m.	Tai Chi -- A Practice **	All	II
10:35 - 11:30 a.m.	Barre	All	I
10:40 - 11:30 a.m.	Gentle Yoga	All	Conf Rm
5:30 - 6:15 p.m.	HIIT Cardio	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	All	I
9:00 - 9:55 a.m.	Yoga	All	Conf Rm
10:00 - 10:50 a.m.	Instructor's Choice	2-3	I
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
2:30 - 3:30 p.m.	Sculpt U.	All	I
2:30 - 3:30 p.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.

Spring Has Sprung!
 Fall Will Someday Begin
 Summer's Here – It's HOT Again!
 Join the Group Fitness Team
 And Exercise in the Air-Conditioned
 McLeod Health and Fitness Center!
 Our Workouts are HOT and our Instructors are COOL!
 We have classes for everyone.
 Come give us a try!!

**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.

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.

Cardio HIIT: End your work week and start the weekend off in the best way with this High-Intensity Interval Training class. This interval based class alternates timed cardio intervals with high intensity strength segments; We've varied to teachers to vary the workouts; no two will be the same. Come hit the studio on Friday nights and get a total body workout in only 45 minutes.

Cardio Kick Box: This class will punch and kick the calories away. Learn traditional kickboxing basics, incorporate power moves, and endure speed drills in this sweat-breaking, full-powered workout.

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!

Fun → Fitness: Ready to get Fit!! Then get ready to have some fun. This energetic class is perfect for those who prefer a lower impact aerobics class and those who are new to exercise. Come on in and let the music move you.

Insane Cycle: We've combined a high intensity cycle class full of drills, hill climbs, and power intervals with the **Insanity** program to create one awesome, insane workout. Get ready to see RESULTS. Dig Deep® -- you can do this!

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.

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 and Core: Combine the aerobic workout of a Power Step class and the strengthening/conditioning of a core class for a perfect workout!

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)

SWEAT!: Don't let the words "low impact" fool you. This low impact, barre-inspired class will have you sweating and working hard as you tone your muscles and burn those calories. A blend of body weight exercises with full range and isometric movements, this class provides a total workout. Come join the fun and SWEAT!!

Tai Chi - A Practice: A class for all students of Tai Chi. Class will be taught in a progressive manner to accommodate practitioners of all levels of Tai Chi instruction. 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 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!!

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!!!

Yoga Classes at McLeod Health and Fitness Center:

Yoga classes combine flexibility training and functional strength exercises to balance muscles, improve core strength, and promote self-awareness and overall well-being.

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.

Gentle Yin starts with the familiar poses of Gentle yoga and then is followed by a set of stretches held for a longer period of time.

Power Yin starts with a combination of strong, flowing movements to create a high-energy workout followed by 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.

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.)

Sunrise Yoga: Sunrise yoga is a slow flow Hatha Yoga practice. All levels are invited to join. Although more challenging than a basic yoga class, there will be extra emphasis placed on form making this a readily accessible class for everyone bold enough to wake up this early.

Yin - Yin Yoga starts with a 30-minute energetic flow, linking breath with motion to build heat, endurance, flexibility followed by 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 Sculpt: This yoga class adds light hand-weights to the practice of yoga to increase muscle strength. Come give this class a try!

GROUP FITNESS SCHEDULE

SUMMER 2019

McLeod

Health & Fitness Center

McLeod Health and Fitness Center Hours of Operation

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

Friday 5:00 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.