

GROUP FITNESS LAND SCHEDULE

MARCH 16 – MAY 31 2020

SPRING 2020

MONDAY	Class	Level	Location
Time			
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
8:30 - 9:25 a.m.	Yoga	All	Conf Rm
9:30 - 10:25 a.m.	SWEAT!	2-3	I
9:30 - 10:30 a.m.	Yoga Sculpt	All	Conf Rm
10:30 - 11:25 a.m.	HIGH Fitness	2-3	I
10:40 - 11:45 a.m.	Gentle Yoga	All	Conf Rm
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 - 6:25 p.m.	X-treme Kick Box	3	I
5:30 - 6:25 p.m.	Dance Fit	All	II
6:30 - 7:15 p.m.	SWEAT!	2-3	I
6:30 - 7:30 p.m.	Power Yoga	2-3	Conf Rm

TUESDAY	Class	Level	Location
Time			
5:25 - 5:40 a.m.	Ab Blast	All	I
5:45 - 6:45 a.m.	Sculpt U.	All	I
6:15 - 7:00 a.m.	Pilates Mat	All	Conf Rm
8:15 - 9:00 a.m.	Trekking	All	C Rehab
8:15 - 9:10 a.m.	Yoga	All	I
9:30 - 10:20 a.m.	Cardio Kick Box	2-3	I
9:30 - 10:25 a.m.	Barre	All	II
10:30 - 11:30 a.m.	Sculpt U.	All	I
10:30 - 11:30 a.m.	Tai Chi -- A Practice **	All	Conf Rm
10:40 - 11:45 a.m.	Pilates Mat (The Basics)	All	II
4:15 - 5:30 p.m.	Vin Yin Yoga	All	Conf Rm
4:30 - 5:30 p.m.	Sculpt U.	All	I
5:30 - 6:15 p.m.	Power Cycle	2-3	II
5:35 - 6:30 p.m.	Barre	All	I
5:35 - 6:30 p.m.	X-treme Chaos	3	Gym
6:30 - 7:30 p.m.	Yoga	All	Conf Rm

WEDNESDAY	Class	Level	Location
Time			
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 - 9:00 a.m.	Power Cycle Express	2-3	II
9:00 - 9:25 a.m.	Core Express	All	II
9:30 - 10:25 a.m.	Zumba®	All	I
9:30 - 10:30 a.m.	Power Yoga	2-3	Conf Rm
10:30 - 11:25 a.m.	SWEAT!	2-3	I
10:40 - 11:45 a.m.	Gentle 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 - 6:25 p.m.	Insane Cycle	3	II
5:30 - 6:30 p.m.	Sculpt U.	All	I
6:30 - 7:30 p.m.	Power Yoga	2-3	Conf Rm

THURSDAY	Class	Level	Location
Time			
5:25 - 5:40 a.m.	Ab Blast	All	I
5:45 - 6:45 a.m.	Sculpt U.	All	I
6:15 - 7:00 a.m.	Pilates Mat	All	Conf Rm
8:15 - 9:00 a.m.	Trekking	All	C Rehab
8:15 - 9:10 a.m.	Yoga	All	I
9:30 - 10:20 a.m.	STRONG by Zumba®	3	I
9:30 - 10:25 a.m.	Barre	All	II
10:30 - 11:30 a.m.	Sculpt U.	All	I
10:30 - 11:30 a.m.	Tai Chi -- A Practice **	All	Conf Rm
10:40 - 11:45 a.m.	Gentle Yoga	All	II
4:15 - 5:30 p.m.	Vin Yin Yoga	All	Conf Rm
4:30 - 5:30 p.m.	Sculpt U.	All	I
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

FRIDAY	Class	Level	Location
Time			
5:30 - 6:15 a.m.	Power Cycle	2-3	II
5:30 - 6:15 a.m.	Sunrise Yoga	All	Conf Rm
8:30 - 9:25 a.m.	Fun ► Fitness	1-2	I
8:30 - 9:25 a.m.	X-treme Chaos	3	Gym
8:30 - 9:25 a.m.	Step Challenge	2-3	II
8:30 - 9:25 a.m.	Yoga	All	Conf Rm
9:30 - 10:25 a.m.	SWEAT!	2-3	I
9:30 - 10:30 a.m.	Power Yoga	2-3	Conf Rm
10:00 - 11:00 a.m.	Tai Chi -- A Practice **	All	II
10:40 - 11:45 a.m.	Gentle Yoga	All	Conf Rm
5:30 - 6:15 p.m.	Instructor's Choice	2-3	I

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

SUNDAY	Class	Level	Location
Time			
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.	Slo-Yo	All	Conf Rm

Location Key:
 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.**

** 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.

**McLeod Health and Fitness
 Group Fitness 2020!**

Our mission is to provide the members of McLeod Health and Fitness with classes for all ages and all fitness levels. Our certified instructors are here to inspire, motivate, and lead our members to a life-style of health and fitness. Let us show you the way!

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 Kick Box: A high-energy workout that combines kick and punch combinations with fast-paced cardio. Increase endurance, improve coordination, and build muscle with this fun and challenging workout!

Core Express: 30-minutes dedicated to working your core -- strengthen abdominal and back muscles. This core work is much more than crunches!!

Dance Fit: Add some fun to your cardio routine! Dance step-by-step to easy-to-follow combinations that will tighten, tone, and make you sweat. With routines to today's top hits (as well as a few throwbacks), you'll forget you're even working out!

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.

HIGH Fitness: Aerobics is back! Bigger, Better, HIGHer! This fun class incorporates interval style training, cardio, and strength with music you love, and strong, easy to follow choreography. Whatever your fitness level is -- HIGH has a place for you. Come get addicted to fitness!

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 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)

STRONG by Zumba®: Stop counting the reps. Start training to the beat! This class combines body weight, muscle conditioning, cardio, and plyometric training moves with every move synced to music that will drive you to do your best. This class is not your Zumba® Dance Party!

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!!! Start Dancing!!!

Yoga Classes at McLeod Health and Fitness Center:

Yoga classes are challenging classes for all levels. These classes combine flexibility training and functional strength exercises to balance muscles, improve core strength, and promote self-awareness and overall well-being.

Gentle Yoga: Come experience the softer side of yoga. Perfect for those who are looking for a more relaxed/restorative workout.

Yin Yoga is a different form of yoga which is focused on longer holds and breath. 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.)

Slo-Yo: A slower yoga experience perfect for a Sunday afternoon.

Sunrise Yoga: An early morning yoga flow for all levels. Extra emphasis is placed on form making this a readily accessible class for everyone bold enough to wake up this early.

Vin - 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.

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

SPRING 2020

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.