

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.

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!!

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.

Gentle Pilates: Based on the classical Pilates sequence, this class provides the basis for a lifetime of health. Your body WILL change as Pilates mat work is the alpha and omega of core workouts.

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!

Insanity: You've seen the info-mercials! 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.

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!

X-treme Chaos: Ready to push yourself to the max -- 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!!".

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.

Sit and Get Fit: Come enjoy this class which has been designed to increase muscle strength and range of motion and to improve activities for daily living. A chair is used for seated exercises and for standing support.

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: Participants in this class must have completed the 6-week Introduction to Tai Chi Class.

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!!".

Group Fitness Schedule

Autumn 2020

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Health & Fitness Center

Monday	Level	Location
5:30 - 6:15 a.m. Power Cycle	2-3	II
8:30 - 9:15 a.m. Power Cycle	2-3	II
8:30 - 9:20 a.m. Fun --> Fitness	1-2	I
8:30 - 9:20 a.m. X-treme Chaos	3	Gym
8:30 - 9:30 a.m. Yoga	All	Conf Rm
9:30 - 10:20 a.m. SWEAT!	2-3	I
9:45 - 10:45 a.m. Gentle Yoga	All	Conf Rm
11:00 - 11:50 a.m. Sit and Get Fit	1-2	Conf Rm
1:00 - 2:00 p.m. Tai Chi - A Practice	All	I
5:30 - 6:20 p.m. HIGH Fitness	2-3	I
6:30 - 7:30 p.m. Power Yoga	2-3	Conf Rm

Tuesday	Level	Location
5:25 - 5:40 a.m. Ab Blast	All	I
5:45 - 6:30 a.m. Sculpt U.	All	I
8:30 - 9:30 a.m. Yoga	All	Conf Rm
9:00 - 9:50 a.m. HIGH Fitness	2-3	I
9:30 - 10:20 a.m. Barre	2-3	II
9:45 - 10:30 a.m. Gentle Pilates	All	Conf Rm
10:00 - 10:45 a.m. Sculpt U.	2-3	I
1:00 - 2:00 p.m. Tai Chi - A Practice	All	I
4:30 - 5:15 p.m. Sculpt U.	2-3	I
5:30 - 6:15 p.m. Power Cycle	2-3	II
5:30 - 6:20 p.m. Insanity	3	I
6:30 - 7:30 p.m. Yoga	All	Conf Rm

Wednesday	Level	Location
5:30 - 6:15 a.m. Power Cycle	2-3	II
8:30 - 9:00 a.m. Power Cycle Express	2-3	II
8:30 - 9:20 a.m. Fun --> Fitness	1-2	I
8:30 - 9:20 a.m. X-treme Chaos	3	Gym
8:30 - 9:30 a.m. Power Yoga	2-3	Conf Rm
9:00 - 9:30 a.m. Core Express	All	II
9:30 - 10:20 a.m. SWEAT!	All	I
9:45 - 10:45 a.m. Gentle Yoga	All	Conf Rm
11:00 - 11:50 a.m. Sit and Get Fit	1-2	Conf Rm
12:00 - 12:30 p.m. Power Cycle Express	2-3	II
1:00 - 2:00 p.m. Tai Chi - A Practice	All	I
5:30 - 6:15 p.m. Power Cycle	2-3	II
5:30 - 6:20 p.m. Barre	2-3	I
6:30 - 7:30 p.m. Power Yoga	2-3	Conf Rm

Thursday	Level	Location
5:25 - 5:40 a.m. Ab Blast	All	I
5:45 - 6:30 a.m. Sculpt U.	All	I
8:30 - 9:30 a.m. Yoga	All	Conf Rm
9:00 - 9:50 a.m. Cardio Kick Box	2-3	I
9:30 - 10:20 a.m. Barre	2-3	II
9:45 - 10:30 a.m. Gentle Pilates	All	Conf Rm
10:00 - 10:45 a.m. Sculpt U.	2-3	I
1:00 - 2:00 p.m. Tai Chi - A Practice	All	I
4:30 - 5:15 p.m. Sculpt U.	2-3	I
5:30 - 6:15 p.m. Power Cycle	2-3	II
5:30 - 6:20 p.m. SWEAT!	All	I
5:30 - 6:20 p.m. X-treme Chaos	3	Gym
6:30 - 7:30 p.m. Yoga	All	Conf Rm

Friday	Level	Location
5:30 - 6:15 a.m. Power Cycle	2-3	II
8:30 - 9:15 a.m. Power Cycle	2-3	II
8:30 - 9:20 a.m. Fun --> Fitness	1-2	I
8:30 - 9:20 a.m. X-treme Chaos	3	Gym
8:30 - 9:30 a.m. Power Yoga	All	Conf Rm
9:30 - 10:20 a.m. SWEAT!	2-3	I
9:45 - 10:45 a.m. Gentle Yoga	All	Conf Rm
11:00 - 11:50 a.m. Sit and Get Fit	1-2	Conf Rm
1:00 - 2:00 p.m. Tai Chi - A Practice	All	I

Location Keys:

I = Studio I (downstairs) Conf Rm = Conference Room
 II = Studio II (upstairs) Gym = Basketball Court

Fitness Levels:

Level 1: For participants new to exercise program

Level 2: For slightly more experience participants

Level 3: For experienced fitness participants.

Yoga Class Descriptions:

Yoga classes are challenging classes for all levels. 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. A more relaxed/restorative workout.

Power Yoga: A combination of strong, flowing movements to create a high energy workout.