

GROUP FITNESS LAND CLASS DESCRIPTIONS

30—In and DONE! Don't let us hear you say "but it's only 30 minutes!" until you try this class. It will have you DONE in 30 minutes. We promise!!

Ab Blast: It's crunch time! Come join us for an 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 Fuse: A blend of your favorite group fitness formats; you will not know what to inspect as you burn calories, increase strength, and tone your muscles.

Cardio HIIT: This 45-minute **High-Intensity Interval Training** class alternates timed cardio intervals with high intensity strength segments; you'll feel great when this workout is done. This class is packed into a 30-minute class for **Quick Cardio HIIT**.

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

Dance Cardio: Forget working out – just Dance. Enjoy the music, feel the rhythm, and let your body move 'ya!! You'll burn calories, have fun, and feel fantastic.

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

Power Cycle: Cycle is one of the most invigorating workouts. Feel the rush as you pick up speed and tackle the imaginary terrain the instructor sets for you. You have control of the intensity by adjusting the resistance on your bike. Don't put it off—take class today! **Power Cycle Express** packs this workout into a 30-minute time frame. Get ready to sweat!

Quick HIIT Lift: A 30-minute weight-training class based on the **High Intensity Interval Training** principles. Build muscle and increase endurance.

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.

Senior Circuit: A class for our senior population. A circuit of functional strength and cardio exercises to restore balance and strength, add self-confidence, and keep pep in your step.

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 support when standing.

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!!".

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.

Chair Yoga: Develop flexibility and lengthen muscles in this yoga class without getting on the floor.

Gentle Yoga: The softer side of yoga. A more relaxed/restorative workout.

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

Sunrise Yoga: A great way to start your day.

Yin: Poses are held for longer periods of time allowing you to breath into each stretch.

Group Fitness Schedule

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Health & Fitness Center

Monday

5:30 - 6:15 a.m.	Power Cycle	2-3	II	Rainey
5:30 - 6:15 a.m.	Sunrise Yoga	All	Conf Rm	Katie
8:30 - 9:15 a.m.	Power Cycle	2-3	II	Lisa
8:30 - 9:20 a.m.	Fun --> Fitness	1-2	I	Kevin
8:30 - 9:20 a.m.	X-treme Chaos	3	Gym	Rainey
8:30 - 9:30 a.m.	Yoga	All	Conf Rm	Jenna
9:30 - 10:20 a.m.	SWEAT!	2-3	I	Amy
9:45 - 10:45 a.m.	Yin	All	Conf Rm	Jenna
10:30 - 11:20 a.m.	Dance Cardio	All	I	Jennie
11:00 - 11:50 a.m.	Sit and Get Fit	1-2	Conf Rm	Noemi
1:00 - 2:00 p.m.	Tai Chi - A Practice	All	I	Grover
4:30 - 5:30 p.m.	Pilates Mat	All	Conf Rm	Jenna
5:30 - 6:20 p.m.	Dance Cardio	2-3	I	Drew
6:30 - 7:30 p.m.	Power Yoga	2-3	Conf Rm	DawnMarie

Tuesday

5:25 - 5:40 a.m.	Ab Blast	All	I	Tina
5:45 - 6:45 a.m.	Sculpt U.	All	I	Tina
8:30 - 9:30 a.m.	Yoga	All	Conf Rm	DawnMarie
9:00 - 9:50 a.m.	Dance Cardio	2-3	I	Lauren
9:30 - 10:30 a.m.	Barre	2-3	II	Helen
9:45 - 10:30 a.m.	Gentle Pilates	All	Conf Rm	DawnMarie
10:00 - 11:00 a.m.	Sculpt U.	All	I	Shelley
11:00 - 11:50 a.m.	Chair Yoga	All	Conf Rm	DawnMarie
11:00 - 12:00 p.m.	Tai Chi - A Practice	All	I	Veronica
4:30 - 5:15 p.m.	Sculpt U.	All	I	Lindsay
5:30 - 6:00 p.m.	Quick Cardio HIIT	2-3	I	Nicole
5:30 - 6:15 p.m.	Power Cycle	2-3	II	Lisa
6:00 - 6:30 p.m.	Quick HIIT Lift	2-3	I	Nicole
6:30 - 7:30 p.m.	Yoga	All	Conf Rm	DawnMarie

Wednesday

5:30 - 6:00 a.m.	30--In and DONE!	2-3	Gym	Rainey
5:30 - 6:15 a.m.	Power Cycle	2-3	II	Tina
8:30 - 9:20 a.m.	Fun --> Fitness	1-2	I	Kevin
8:30 - 9:00 a.m.	X-treme Chaos Express	3	Gym	Rainey
8:30 - 9:15 a.m.	Pilates Mat	All	II	Jenna
8:30 - 9:30 a.m.	Power Yoga	2-3	Conf Rm	Katie
9:00 - 9:30 a.m.	X-treme Chaos Express	3	Gym	Rainey
9:30 - 10:20 a.m.	Cardio Kick Box	2-3	I	Lauren
9:45 - 10:45 a.m.	Gentle Yoga	All	Conf Rm	Katie
11:00 - 11:50 a.m.	Senior Circuit	1-2	I	Noemi
12:00 - 12:30 p.m.	Power Cycle Express	2-3	II	Rainey
1:00 - 2:00 p.m.	Tai Chi - A Practice	All	I	Grover
4:30 - 5:30 p.m.	Yoga	All	Conf Rm	Jenna
5:30 - 6:15 p.m.	Power Cycle	2-3	II	Lisa
5:30 - 6:30 p.m.	Barre	2-3	I	Helen
6:30 - 7:30 p.m.	Power Yoga	2-3	Conf Rm	Lacey

Thursday

5:25 - 5:40 a.m.	Ab Blast	All	I	Tina
5:45 - 6:45 a.m.	Sculpt U.	All	I	Tina
8:30 - 9:30 a.m.	Yoga	All	Conf Rm	Jenna
9:00 - 9:50 a.m.	Cardio Fuse	2-3	I	Lauren
9:30 - 10:30 a.m.	Barre	2-3	II	Amy
9:45 - 10:30 a.m.	Gentle Pilates	All	Conf Rm	DawnMarie
10:00 - 11:00 a.m.	Sculpt U.	All	I	Shelley
11:00 - 11:50 a.m.	Chair Yoga	All	Conf Rm	Katie
11:00 - 12:00 p.m.	Tai Chi - A Practice	All	I	Veronica
4:30 - 5:15 p.m.	Sculpt U.	All	I	Lauren
5:30 - 6:15 p.m.	Power Cycle	2-3	II	Lisa
5:30 - 6:20 p.m.	Dance Cardio	All	I	Lauren
5:30 - 6:20 p.m.	X-treme Chaos	3	Gym	Lindsay
6:30 - 7:30 p.m.	Yoga	All	Conf Rm	Mary

Friday

5:30 - 6:15 a.m.	Cardio HIIT	2-3	I	Nicole
5:30 - 6:15 a.m.	Sunrise Yoga	All	Conf Rm	Katie
8:30 - 9:20 a.m.	Fun --> Fitness	1-2	I	Kevin
8:30 - 9:30 a.m.	X-treme Cycle	2-3	II	Lisa
8:30 - 9:30 a.m.	Power Yoga	2-3	Conf Rm	DawnMarie
9:30 - 10:20 a.m.	SWEAT!	2-3	I	Amy
9:45 - 10:45 a.m.	Gentle Yoga	All	Conf Rm	DawnMarie
10:30 - 11:20 a.m.	Dance Cardio	All	I	Jennie
11:00 - 11:50 a.m.	Sit and Get Fit	1-2	Conf Rm	Lindsay
1:00 - 2:00 p.m.	Tai Chi - A Practice	All	I	Grover

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 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.

Check out our weekend schedules.

Offerings change each week. The weekend schedule is posted on the bulletin boards in Studio I and Studio II, on the television in the main lobby, and on the group fitness hotline (843-777-3232; chose option 7 for Saturday and option 1 for Sunday).