

## 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:** This class incorporates an upper body workout and a combination of high-intensity sequences of thigh, seat, and core exercises at the barre. Come meet us at the barre!

**Bike & Bootcamp:** 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.

**Cardio Fuse:** A blend of your favorite group fitness formats; you will not know what to expect as you burn calories, increase strength, and tone your muscles.

**Chai'robics:** Don't get up!! Sit and dance your way into fitness with this dance style class that will have you singing!! Great Tunes! Great workout!

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

**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.

**HIGH Fitness:** The fun of dance cardio combines with aerobics and strength. Whatever your fitness level, HIGH has a place for you.

**HIGH Fitness/Barre Combo:** A blend of two popular formats, giving you an energizing full body workout.

**Kickboxing:** 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.

**Movin' and Groovin':** Ready to get Fit!! Then get ready to dance. This energetic class is perfect for those who prefer a lower impact aerobics class and those who are new to exercise.

**Power Cycle:** Cycle is one of the most invigorating workouts. Feel the rush as you pick up speed and tackle the imaginary terrain. 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 Cardio HIIT:** This 30-minute class consists of short bouts of intense work, followed by a period of active recovery. Come give us a try!! Join us afterwards for Quick HIIT Lift for the finishing touch.

**Quick HIIT Lift:** 30 minutes of upper body, lower body, and core all in one class. Stay for both Quick Cardio HIIT and Quick Lift HIIT for the full package.

**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 support when standing.

**Step:** It's BACK. Get ready for a full class of non-stop step for the intermediate to advanced stepper.

**SWEAT!:** Don't let the words "low impact" fool you. This low impact, barre- inspired class will have you sweating and working hard to tone muscles and burn 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!!!". **X-treme Chaos Express:** Pack all this into 30 minutes!!!!

**Yoga classes** are challenging classes for all levels. Flexibility training and functional strength exercises are combined to balance muscles, improve core strength, and promote overall well-being.

**Chair Yoga:** Develop flexibility and lengthen muscles in this yoga class – all while using a chair.

**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. Prior yoga experience is highly recommended.

**Slow Flow Yoga:** End your work week with an easy to follow flow; you'll feel relaxed and refreshed.

**Sunrise Yoga:** A great way to start your day!

**Yoga for Flexibility:** Poses are held longer for a deeper stretch.

# Group Fitness Class Schedule

Effective January 15, 2023

## McLeod

## Health & Fitness Center

**Monday**

|                    |                      |     |     |
|--------------------|----------------------|-----|-----|
| 5:30 - 6:00 a.m.   | Power Cycle Express  | 2-3 | II  |
| 5:30 - 6:15 a.m.   | Sunrise Yoga         | All | III |
| 8:30 - 9:20 a.m.   | Movin' and Groovin'  | 1-2 | I   |
| 8:30 - 9:20 a.m.   | X-treme Chaos        | 3   | II  |
| 8:30 - 9:30 a.m.   | Yoga                 | All | III |
| 9:30 - 10:20 a.m.  | SWEAT!               | 2-3 | I   |
| 9:45 - 10:45 a.m.  | Yoga for Flexibility | All | III |
| 10:30 - 11:20 a.m. | Dance Cardio         | All | I   |
| 11:00 - 11:50 a.m. | Sit and Get Fit      | 1-2 | III |
| 1:00 - 2:00 p.m.   | Tai Chi - A Practice | All | I   |
| 4:30 - 5:15 p.m.   | Pilates Mat          | 2-3 | III |
| 5:30 - 6:15 p.m.   | Power Cycle          | 2-3 | II  |
| 5:30 - 6:15 p.m.   | Kickboxing           | 2-3 | I   |
| 6:00 - 7:00 p.m.   | Power Yoga           | 2-3 | III |

**Tuesday**

|                    |                      |     |     |
|--------------------|----------------------|-----|-----|
| 5:25 - 5:40 a.m.   | Ab Blast             | All | I   |
| 5:45 - 6:45 a.m.   | Sculpt U.            | All | I   |
| 8:30 - 9:30 a.m.   | Yoga                 | All | III |
| 9:00 - 9:50 a.m.   | Cardio Fuse          | 2-3 | II  |
| 9:00 - 9:50 a.m.   | Barre                | 2-3 | I   |
| 9:45 - 10:30 a.m.  | Gentle Pilates       | All | III |
| 10:00 - 11:00 a.m. | Sculpt U.            | All | I   |
| 11:00 - 11:50 a.m. | Chair Yoga           | All | III |
| 11:15 - 12:15 p.m. | Tai Chi - A Practice | All | I   |
| 4:30 - 5:15 p.m.   | Sculpt U.            | All | I   |
| 5:30 - 6:00 p.m.   | Quick Cardio HIIT    | 2-3 | I   |
| 5:30 - 6:15 p.m.   | Power Cycle          | 2-3 | II  |
| 6:00 - 6:30 p.m.   | Quick HIIT Lift      | 2-3 | I   |
| 6:00 - 7:00 p.m.   | Yoga                 | All | III |

**Wednesday**

|                    |                          |     |            |
|--------------------|--------------------------|-----|------------|
| 5:30 - 6:00 a.m.   | 30--In and DONE!         | 2-3 | II         |
| 5:30 - 6:15 a.m.   | Barre                    | 2-3 | I          |
| 8:30 - 9:00 a.m.   | X-treme Chaos Express    | 3   | II         |
| 8:30 - 9:15 a.m.   | Pilates Mat              | 2-3 | RaquetBall |
| 8:30 - 9:20 a.m.   | Movin' and Groovin'      | 1-2 | I          |
| 8:30 - 9:30 a.m.   | Power Yoga               | 2-3 | III        |
| 9:00 - 9:30 a.m.   | X-treme Chaos Express    | 3   | II         |
| 9:30 - 10:20 a.m.  | SWEAT!                   | 2-3 | I          |
| 9:45 - 10:45 a.m.  | Gentle Yoga              | All | III        |
| 10:30 - 11:30 a.m. | Barre                    | 2-3 | I          |
| 11:00 - 11:45 a.m. | Sit and Get Fit          | 1-2 | III        |
| 12:00 - 12:30 p.m. | Power Cycle Express      | 2-3 | II         |
| 1:00 - 2:00 p.m.   | Tai Chi - A Practice     | All | I          |
| 4:30 - 5:15 p.m.   | Step                     | All | I          |
| 5:30 - 6:15 p.m.   | Power Cycle              | 2-3 | II         |
| 5:30 - 6:15 p.m.   | Gentle Yoga              | All | III        |
| 5:30 - 6:20 p.m.   | HIGH Fitness/Barre Combo | 2-3 | I          |

**Thursday**

|                    |                      |     |     |
|--------------------|----------------------|-----|-----|
| 5:25 - 5:40 a.m.   | Ab Blast             | All | I   |
| 5:45 - 6:45 a.m.   | Sculpt U.            | All | I   |
| 8:30 - 9:30 a.m.   | Yoga                 | All | III |
| 9:00 - 9:50 a.m.   | Barre                | 2-3 | I   |
| 9:15 - 10:00 a.m.  | Kickboxing           | 2-3 | II  |
| 9:45 - 10:30 a.m.  | Gentle Pilates       | All | III |
| 10:00 - 11:00 a.m. | Sculpt U.            | All | I   |
| 11:00 - 11:50 a.m. | Chair Yoga           | All | III |
| 11:15 - 12:15 p.m. | Tai Chi - A Practice | All | I   |
| 4:30 - 5:15 p.m.   | Sculpt U.            | All | I   |
| 5:30 - 6:20 p.m.   | Dance Cardio         | All | I   |
| 5:30 - 6:30 p.m.   | Bike & Bootcamp      | 3   | II  |
| 6:00 - 7:00 p.m.   | Yoga                 | All | III |

**Friday**

|                    |                      |     |     |
|--------------------|----------------------|-----|-----|
| 5:30 - 6:15 a.m.   | Sunrise Yoga         | All | III |
| 8:30 - 9:20 a.m.   | Movin' and Groovin'  | 1-2 | I   |
| 8:30 - 9:30 a.m.   | Bike & Bootcamp      | 2-3 | II  |
| 8:30 - 9:30 a.m.   | Power Yoga           | 2-3 | III |
| 9:30 - 10:20 a.m.  | SWEAT!               | 2-3 | I   |
| 9:45 - 10:45 a.m.  | Gentle Yoga          | All | III |
| 10:30 - 11:20 a.m. | Dance Cardio         | All | I   |
| 11:00 - 11:50 a.m. | Chai'robics          | 1-2 | III |
| 1:00 - 2:00 p.m.   | Tai Chi - A Practice | All | I   |
| 5:00 - 5:45 p.m.   | Slow Flow Yoga       | All | III |

**Location Keys:**

I = Studio I (downstairs)      III = Studio III  
 II = Studio II (upstairs)      RaquetBall = Back Raquet Ball Court

**Fitness Levels:**

Level 1: For participants new to exercise program  
 Level 2: For slightly more experience participants  
 Level 3: For experienced fitness participants.

**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).**