

# Group Fitness & Water Aerobics Schedule

June - July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Power Cycle Express</b> 5:30 - 6:00 AM Studio II	<b>BodyPump</b> 5:30 - 6:30 AM Studio I	<b>30 - In and DONE!</b> 5:30 - 6:00 AM Studio II	<b>BodyPump</b> 5:30 - 6:30 AM Studio I	<b>Power Cycle</b> 5:30 - 6:15 AM Studio II
<b>Sunrise Yoga</b> 5:30 - 6:15 AM Studio III	<b>Aqua Body Tone</b> 9:00 - 9:45 AM WWP	<b>Barre</b> 5:30 - 6:15 AM Studio I	<b>Aqua Body Tone</b> 9:00 - 9:45 AM WWP	<b>Sunrise Yoga</b> 5:30 - 6:15 AM Studio III
<b>Aqua Bootcamp</b> 8:15 - 9:00 AM MPP	<b>Yoga</b> 9:00 - 9:50 AM Studio III	<b>Aqua Bootcamp</b> 8:15 - 9:00 AM MPP	<b>Mindfulness</b> 9:00 - 9:50 AM Studio III	<b>Aqua Bootcamp</b> 8:15 - 9:00 AM MPP
<b>Movin' and Groovin'</b> 8:30 - 9:20 AM Studio I	<b>Barre</b> 9:00 - 9:50 AM Studio I	<b>Movin' and Groovin'</b> 8:30 - 9:20 AM Studio I	<b>Barre</b> 9:00 - 9:50 AM Studio I	<b>Movin' and Groovin'</b> 8:30 - 9:20 AM Studio I
<b>Yoga</b> 8:30 - 9:20 AM Studio III	<b>Cardio Fuse</b> 9:00 - 10:00 AM Studio II	<b>Power Yoga</b> 8:30 - 9:20 AM Studio III	<b>X-treme Chaos</b> 8:30 - 9:20 AM Studio II	<b>Power Yoga</b> 8:30 - 9:20 AM Studio III
<b>X-treme Chaos</b> 8:30 - 9:20 AM Studio II	<b>Aqua Body Tone</b> 10:00 - 10:45 AM WWP	<b>X-treme Chaos Express</b> 8:30 - 9:30 AM Studio II	<b>Aqua Body Tone</b> 10:00 - 10:45 AM WWP	<b>X-treme Chaos</b> 8:30 - 9:30 AM Studio II
<b>Aqua Blast</b> 9:00 - 9:45 AM MPP	<b>Gentle Pilates</b> 10:00 - 10:50 AM Studio III	<b>Aqua Blast</b> 9:00 - 9:45 AM MPP	<b>Gentle Pilates</b> 10:00 - 10:50 AM Studio III	<b>Aqua Blast</b> 9:00 - 9:45 AM MPP
<b>Yoga for Flexibility</b> 9:30 - 10:20 AM Studio III	<b>Kickboxing</b> 10:00 - 10:50 AM Studio I	<b>BodyPump</b> 9:30 - 10:30 AM Studio I	<b>Kickboxing</b> 10:00 - 10:50 AM Studio I	<b>Gentle Yoga</b> 9:30 - 10:20 AM Studio III
<b>BodyPump</b> 9:30 - 10:30 AM Studio I	<b>Functional Fitness</b> 11:00 - 11:50 AM Studio III	<b>Gentle Yoga</b> 9:30 - 10:20 AM Studio III	<b>Chair Yoga</b> 11:00 - 11:50 AM Studio III	<b>BodyPump</b> 9:30 - 10:30 AM Studio I
<b>Arthritis Aquatics</b> 10:00 - 10:45 AM WWP	<b>Tai Chi Intro</b> 12:30 - 1:30 PM Studio I	<b>Arthritis Aquatics</b> 10:00 - 10:45 AM WWP	<b>Tai Chi Intro</b> 12:30 - 1:30 PM Studio I	<b>Arthritis Aquatics</b> 10:00 - 10:45 AM WWP
<b>SWEAT!</b> 10:30 - 11:20 AM Studio I		<b>Zumba</b> 10:30 - 11:20 AM Studio I		<b>Dynamic Stretch</b> 10:30 - 11:00 AM Studio II
<b>Sit and Get Fit</b> 11:00 - 11:50 AM Studio III		<b>Sit and Get Fit</b> 11:00 - 11:45 AM Studio III		<b>SWEAT!</b> 10:30 - 11:20 AM Studio I
<b>Tai Chi for Health</b> 12:30 - 1:30 PM Studio I		<b>Power Cycle Express</b> 12:00 - 12:30 PM Studio II		<b>Chai'robics</b> 11:00 - 11:50 AM Studio III
		<b>Tai Chi for Health</b> 12:30 - 1:30 PM Studio I		<b>Tai Chi for Health</b> 12:30 - 11:30 PM Studio I
	<b>BodyPump</b> 5:00 - 5:55 PM Studio I			
<b>Dance Cardio</b> 4:30 - 5:20 PM Studio I	<b>Mindfulness</b> 5:00 - 5:50 PM Studio III		<b>BodyPump</b> 5:00 - 5:55 PM Studio I	
<b>SWEAT!</b> 5:30 - 6:20 PM Studio I	<b>Aqua Body Tone</b> 5:30 - 6:15 PM WWP		<b>Aqua Body Tone</b> 5:30 - 6:15 PM WWP	
<b>X-Treme Chaos</b> 5:30 - 6:20 PM Studio II	<b>Hip-Hop Fitness</b> 6:00 - 6:50 PM Studio I	<b>Barre</b> 5:30 - 6:20 PM Studio I	<b>Bike &amp; Bootcamp</b> 5:30 - 6:30 PM Studio II	<b>Zumba</b> 5:30 - 6:30 PM Studio I
<b>Power Yoga</b> 6:00 - 7:00 PM Studio III	<b>Yoga</b> 6:00 - 7:00 PM Studio III	<b>Xtreme Chaos</b> 5:30 - 6:20 PM Studio II	<b>Hip-Hop Fitness</b> 6:00 - 6:50 PM Studio I	

Aquatics

Cardio/Strength

Mind/Body

McLeod

Health & Fitness Center

## Fitness 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!!

**Aqua Blast**: This low-impact class burns calories and tones your body with intervals of heart-pumping cardio and resistance exercises.

**Aqua Bootcamp**: Held in the Multi-purpose Pool, travel station to station in this bootcamp style water class.

**Aqua Body Tone**: This innovative class combines cardio, strengthening and flexibility techniques to simultaneously stabilize the entire body.

**Arthritis Aquatics**: The gentle activities in this warm water pool class will help you gain strength and flexibility while decreasing pain and stiffness.

**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.

**BodyPump**: The original barbell class by LesMills. It's the ideal workout for anyone looking to get lean, toned, and fit – fast.

**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 and moving.

**Dance Cardio**: Forget working out – just Dance. Enjoy the music, feel the rhythm, and let your body move all while burning calories.

**Dynamic Stretch**: A 30 minute deep stretch class that incorporates standing and seated positions to open and lengthen the muscles from all angles. An important complement to your regular exercise routine to help you stay injury and pain free.

**Gentle Pilates and Pilates Mat**: Based on the classical Pilates sequence, this class provides the basis for a lifetime of health that WILL change your body.

**Functional Fitness**: Specialty class that teaches proper movement patterns for daily real-world activities with an emphasis on safety.

**Hard Core**: It's crunch time! Come join us for a 15-minute full core conditioning class.

**Hip-Hop Fitness**: You won't believe how time flies in this class that features Hip-hop style moves and music.

**Kickboxing**: Traditional kickboxing basics, incorporate power moves, and endure speed drills in this sweat-breaking, full-powered workout.

**Mindfulness**: Reduce stress by practicing non-judgmental awareness through mindful movement, a body scan, and awareness of breathing and the activity of the mind.

**Movin' and Groovin'**: 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 that anyone from beginner to advanced can do. You have control of the intensity by adjusting the resistance on your bike.

**Power Cycle Express**: Pack all this workout into a 30-minute time frame. Get ready to sweat!

**Sit and Get Fit**: This class has been designed to increase muscle strength and range of motion and to improve activities for daily living all while using a chair.

**SWEAT!**: A total body workout that is a fusion of low impact cardio, strength, toning, and barre.

**Tai Chi Intro**: Introduction to the basics of Tai Chi for Arthritis and Fall prevention.

**Tai Chi for Health**: Continuation of an on-going practice class. Participants in this class should have at least 6-weeks of the Intro class.

**X-treme Chaos**: 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!!!!

**Zumba**: Is a Latin-inspired dance workout that is all about having fun and feels more like a dance party than a workout.

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.