

Group Fitness Schedule

Updated 9/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rock Hard Abs 5:45 - 6:15 AM	Circuit Training 5:45 - 6:15 AM	Booty Camp 5:45 - 6:15 AM	Body Sculpt 5:45 - 6:15 AM	Instructor's Choice 5:45 - 6:15 AM
Aqua HIIT 8:30 - 9:30 AM	Aqua Sculpt 8:30 - 9:30 AM	Aqua Fit 8:30 - 9:30 AM	Aqua Core Fit 8:30 - 9:30 AM	Stretch & Tone 10:00 - 10:45 AM
Zumba Gold ® 10:00 - 10:45 AM	Stretch & Tone 10:00 - 10:45 AM	Ageless Strength 10:00 - 10:45 AM	Fit For Life Cardio 10:00 - 10:45 AM	
Aqua Zumba ® 11:00 AM - 12:00 PM	Aqua Core Fit 11:00 AM - 12:00 PM	Aqua Fit & Flow 11:00 AM - 12:00 PM	Aqua Fit 11:00 AM - 12:00 PM	
Chair Yoga 12:00 - 12:45 PM	Stretch & Strengthen 12:00 - 12:45 PM	Chair Yoga 12:00 - 12:45 PM	Stretch & Strengthen 12:00 - 12:45 PM	
Kickboxing 1:00 - 1:45 PM	Chair Yoga 1:00 - 1:45 PM	Kickboxing 1:00 - 1:45 PM	Chair Yoga 1:00 - 1:45 PM	
Bodies By Jen 3:30 - 4:30 PM	HIIT 3:30 - 4:15 PM	EMOM 3:30 - 4:30 PM	Thigh & Core 3:30 - 4:00 PM	Low to Moderate Impact Moderate to High Impact
Step Up Fitness 5:00 - 5:45 PM	Gentle Mat Yoga 5:00 - 5:45 PM	Kickboxing 5:00 - 5:45 PM	Gentle Mat Yoga 5:00 - 5:45 PM	
Wall Pilates 6:00 - 6:30 PM	Line Dancing 6:00 - 6:45 PM	Circuit Training 6:00 - 6:30 PM	Zumba ® 6:00 - 6:45 PM	

Center for
Health & Fitness
McLeod Loris

Fitness Class Descriptions

Ageless Strength:

A low impact class designed to increase muscular strength and range of movement. Chairs are optional.

Aqua Core Fit:

A Core & Cardio focused class that will be a low impact but a high intensity water workout.

Aqua HIIT:

High intensity interval training alternates short periods of intense exercise with a less intense recovery.

Aqua Fit:

A Cardio & Strength focused class that will be a low impact but high intensity water workout.

Aqua Fit & Flow:

The first half of the class is a fun cardio workout mixed with some strength training followed by a low impact yoga class.

Aqua Sculpt:

A water based class that is easy on the joints. You will focus on toning and tightening your muscles.

Aqua Zumba ®

Combining Zumba with various aqua exercises, this is one pool party you don't want to miss! The water's resistance cushions your feet, knees and back as dance the class away.

Bodies By Jen:

This high intensity, calorie burning class will melt the fat away!

Body Sculpt:

Stronger muscles burn more calories! This class provides an essential body workout to help improve muscular strength & endurance.

Booty Camp:

Let's get those bodies beach ready! Get that perfectly toned bum, so that you will stop traffic and turn heads.

Chair Yoga:

Pull up a chair and let's do Yoga! This class takes your traditional yoga and adapts the positions so that anyone can do it. You will improve your strength, flexibility, balance, and range of motion.

Circuit Training:

Join us for a fun circuit style workout. This class includes intervals of various exercises that cover strength, cardio, and core. You will be able to do it at your own intensity.

EMOM:

Every Minute On The Minute! This workout challenges you to complete a certain number of reps in 60 seconds. The remaining time within that minute serves as your recovery.

Fit For Life Cardio:

Increase your cardiovascular endurance in this workout where fitness and fun come together.

Gentle Mat Yoga

This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility.

HIIT:

Fun and challenging intervals that are designed to raise your heart rate, increase endurance, and improve strength.

Instructor's Choice:

A different surprise each week. It could be anything from cardio to strengthening and everything in between. You will have to attend to find out what kind of fun workout is waiting.

Kickboxing:

Got stress? Take it out on the bag as you punch your way through this workout. You will utilize moves to strengthen your core, upper body and lower body.

Line Dancing:

A workout that combines fun and fitness. It's an enjoyable way to stay active and learn new dance moves. No matter if you are a beginner or pro, you will have a blast.

Low Impact Kickboxing:

No experience, no problem. This easy to follow class gives you a great upper and lower body workout.

Rock Hard Abs:

It's all about that core! In this 30-minute class we will focus on strengthening your core muscles.

Step Up Fitness:

Want a fun energetic workout? Come STEP into a class where anything goes as long as you can use a step. This class will cover anything from cardio to strength!

Stretch & Tone:

A combination of toning exercises and stretches that will help strengthen and lengthen your body! Chairs are optional.

Stretch & Strengthen:

A step up from our Stretch & Tone class. This class will focus on building muscular strength through various equipment, followed by a deep stretch.

Thigh & Core:

Feel the burn as we focus on strengthening your thighs and core.

Wall Pilates:

Spice up your fitness routine with this fun and exciting class. You will utilize the wall to help you become stronger and more limber.

Zumba ®

Take the "work" out of workout, by mixing low & high intensity moves for an interval style calorie burning dance fitness party!

Group Fitness Class Policies

1. Members will not be allowed to enter class 5 minutes late. This rule is for your safety.
2. If you occasionally need to leave class early, please stretch prior to leaving and do it quietly so you do not distract other members.
3. Inform the instructor of any injuries/limitations prior to the start of class.
4. Proper footwear is essential. Aerobic/cross training shoes are recommended, and water shoes are required for the pool.
5. Classes are not competitions! Remember this is your workout.

Center for
Health & Fitness
McLeod Loris