



# Group Exercise Schedule

Updated 12/27/2011 Winter Schedule

Monday		Thursday	
8:00 AM	Total Body	8:25 AM	KettleBell Pump 
9:00 AM	Boogie Blast	9:00 AM	Dancercize
5:00 PM	Zumba® 1/2/12	10:00 AM	SilverSneakers®
5:30 PM	Boot Camp D & D	5:30 PM	Boot Camp D & D
6:30 PM	Cycling (CC) 	6:30 PM	Zumba® 1/5/112
6:30 PM	M.I.T. 		
Tuesday		Friday	
9:00 AM	Dancercize	8:00 AM	Total Body 
10:00 AM	SilverSneakers®	9:00 AM	Boogie Blast
5:30 PM	KettleBell Pump® 	5:00 PM	Hot Yoga (YS)
Wednesday		Aerobic classes are free to all members and are available for all age groups and levels.	
8:00 AM	Total Body		
8:00 AM	Holy † Yoga (YS) 		
9:00 AM	Zumba®		
4:30 PM	Total Body Step 	Thursday Boot camp class & Cycling class sign up at the front desk.	
		CC/YS= Cycling Center & Yoga Studio	

**Holy † Yoga** Yoke the physical postures of yoga w/ the spiritual posture of our hearts in Christ (Chris)

- Total Body** An awesome workout done at just the right pace, yours! (Jenny)
- M.I.T. (Sandra)** Muscle Interval Training A dynamic way to tone & sculpt all muscles, including the heart.
- SilverSneakers®** Have fun and move to the music through a variety of exercises designed to increase, muscular strength, range of movement, and activity for daily living skills. (Jenny & Connie)
- Dancercize** Combines Aerobic Dance w/ resistant training. (Connie)
- Yoga** Improve flexibility, strength, respiration, energy and vitality. (Dacia)
- Zumba®** Dynamic, Exciting, Latin Dance-Fitness class. Dancers and non-dancers immediately and easily master Zumba. (Jill, CarrieAnn, & Chris)
- Boot Camp D & D** Boot Camp Down & Dirty is designed to get you in shape while preparing for mud adventure runs. Will you be ready?
- Boogie Blast** Dancing is a fun dynamic workout that will melt the calories away. (Diane)
- Total Body Step** High energy, heart pumping classes uses step choreography to keep you moving and grooving to the beat of the music. (Bree)
- Cycling** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels welcome, please contact front desk the night before to reserve your bike. (Bree)
- KettleBell Pump** A full body 30 minute workout, Sweet!!!

