



# GROUP EXERCISE CLASSES

## WINTER (Jan. 7—Feb. 17) 2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Group Exercise WINTER SCHEDULE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am—6:30am		Boot Camp Jen	Interval Mix Jen	Boot Camp Jen	Interval Mix Jen	Weighted Interval Jen	
7:00am—7:45am		Interval Mix Jen	Pilates Mat Class Jen <b>NEW</b>	Interval Mix Jen	Pilates Mat Class Jen <b>NEW</b>	Interval Mix Jen	
7:45am-8:15am		Yoga Stretch Jen	Yoga Stretch Jen <b>NEW</b> 7:45-8:30am	Yoga Stretch Jen	Yoga Stretch Jen <b>NEW</b> 7:45-8:30am	Yoga Stretch Jen	
8:30 or 9:00am Start Time		Power Step Rachel 9:00am Start	RIP Rachel 9:00am Start	Interval Mix Rachel 9:00am Start	RIP Rachel 9:00am Start	Power Step Rachel 9:00am Start	TRANSFORM Trisha <b>NEW</b> 8:30am Start
11:30am-12:15pm							
4:00pm Start Time			Interval Mix Justin		Weighted Interval Justin		
5:15 OR 5:30pm Start Time		Cardio MashUp Jen 5:15pm Start	HIIT It Justin 5:15pm Start	RIP Trisha 5:30pm Start	Interval Mix Justin 5:15pm Start	Tai Chi Tom 5:30pm Start	
6:00, 6:15 pm OR 6:45pm Start Time		RIP Jen 6:00pm Start	Zumba Lynne 6:15pm Start		Zumba Lynne 6:15pm Start		
7:15 OR 7:45pm Start Time			Yoga Stretch Jen 7:45 Start		Soma Yoga Katrina <b>NEW</b> 7:15 Start		

**COST:** Member: **\$FREE** Non-Member: Daily Fee

**RIP:** Group Rx-RIP is a barbell program for able-bodied men & women of all ages & all fitness levels. While using traditional strength training & matching movement to music, it allows people to work at their own level, whether you're the average person or a seasoned lifter. Get ripped!

**POWER STEP:** it's a step program designed to push your cardio edge into high gear & work the legs in every plane of motion, both on the step and on the floor. Power Step strengthens the heart, increases bone mineral density, improves coordination, and tones the lower body with every step you take.

**TRANSFORM:** This class by Group Rx unites yoga & sport like never before. This mind/body experience features traditional yoga poses, sport-influenced movement, and strength.

**ZUMBA:** Zumba fuses hypnotic Latin rhythms and easy to follow, core-focused moves that create a fun fitness program that will get you smiling and wanting more.

**Yoga:** Yoga Stretch fuses basic hatha asanas and athletic stretches. Soma Yoga is a blend of somatics, traditional therapeutic yoga, and classic asanas. Somatics (movement that emphasizes physical perception & experiences) will effectively create more mobility & conscientiousness. Therapeutic yoga will then add a stabilizing component. Classic poses help build good biomechanics, stamina, strength, and enjoyment.

**HIIT It:** (High Intensity Interval Training) This is a challenging interval circuit workout. Options are given for beginning, intermediate, and advanced abilities.

**Interval Mix:** A challenging interval class using a variety of training methods. Class options include Tabata (a HIIT format using 20/10 timing), ascending or descending Intervals, circuits, etc. Options given for all levels of ability.

**Boot Camp:** Feel invigorated with fun & challenging drills, circuits, intervals, and more. Takes place in the Gym and /or MP Room.

**Weighted Intervals:** Weight training with dumbbells and barbells matched to Tabata music cueing; Eight rounds of 20 seconds of work followed by 10 seconds of recovery.

**Cardio MashUp:** Experience several of our classes (in small doses) all in one class. Get your cardio with Power Step, Tabata, Kickboxing, etc.

**Pilates Mat Class:** (Beginner Level) You will learn the basics, fundamentals and proper technique of Pilates mat, focusing on body connections, breathing, alignment and awareness. This class is great for newcomers to Pilates and for those who want to refine their knowledge, understanding and ability.

**Tai Chi:** Fundamental martial arts movements are done slowly & deliberately with emphasis on balance and control. It promotes strength and resilience in the legs as well as flexibility, balance, and general health.