

# GROUP EXERCISE SCHEDULE (OCTOBER-DECEMBER 2018)

\*the 10, 11, 12 & 2:30 classes are all 15 minutes long

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:15 Bootcamp (60 min)*		6:15 Bootcamp (60 min)*	
10: Ski Conditioning	10: Power Yoga	10: Bosu, Bands, & Burn	10: Core Central	10: HIIT
11: Body Pump (560 Wellness Center)	11: Zumba/Step (560 Wellness Center)	11: Chiseled (560 Wellness Center)	11: Yoga/Stretch (560 Wellness Center)	11: HIIT (560 Wellness Center)
12: Stretch	12: Butts and Guts	12: Body Pump	12: Advanced Arms	12: Yoga (60 min)*
		12:30 Mid-Week Meditation (30 min)		
		12:45 Pilates (60 min) (560 Wellness Center)		
		2:00 Pilates (60 min)		
2:30: Hip Hop Step	2:30: Zumba		2:30: Stretch	
5:00 Minimalize your Exercise (45 min)	5:00 Zumba (45 min)	5:00 Chiseled (45 min)	4:30 Cardio HIIT (30 min)* (starts 10/18)	

**Advanced Arms:** Build up the muscles in your arms by performing slow, eccentric movements that will make you feel the burn!

**Body Pump:** this workout challenges all your major muscle groups by using the best weight room exercises, like squats, presses, lifts and curls.

**\*Boot Camp:** Professional personal trainer Ryan Cannon is here to help you get stronger and more toned during this eight-week course. \*\* \$80. \$8 Drop in rate.

**Bosu, Bands & Burn:** You'll strengthen and tone using the Bosu and a combination of bands. Come ready to burn.

**Butts & Guts:** Train and tighten all regions of the lower body and core with this toning class.

**\*Cardio HIIT:** Intense cardio interval training. Guaranteed to improve your cardiovascular endurance & make you sweat! Be sure to stop by the wellness center to claim your spot today! (4-6/ class)

**Chiseled:** Multi-model weight training class to carve our your ideal physique. Heavy weights included.

**Core Central:** Develop strength, balance, and stability movement that targets the core for day to day life.

**HIIT:** This class will focus on short bursts of high intensity intervals followed by recovery periods.

**Hip Hop Step:** Combination of basic aerobic step with a hip-hop flair! Get over 2k steps in this 15 minute class!

**Minimalize your Exercise:** A class designed to use only body weight. Come learn exercises that you can take with you wherever you go!

**Pilates:** This non-impact exercise is geared toward strengthening the spine while improving core and back strength, range of motion, and flexibility. All skill levels are welcome.

**Power Yoga:** Heat up your body through a series of strength based yoga poses.

**Ski Conditioning:** Come perform and advance with exercises designed to help you hit the slopes harder this year!

**Stretch:** Come loosen up through a guided stretch class.

**Yoga:** Fitness-based yoga class with hatha and vinyasa flow, which coordinates movement with breath. This class is great for beginners as plenty of modifications are offered.

**Zumba:** Aerobic fitness dance featuring movements inspired by Latin Dance.

**\*Friday Yoga Class** taught by Dominique Watts. The first class is free. \$7/class or \$50 for a 10-class pass.