

# Fitness Class Descriptions

## Stretch/Recovery Classes

**Yoga:** Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

## Cycling Classes

**Cycling Program:** The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid bicyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!  
**Pedal and Pump:** Cycling combined with strength training for a complete exhilarating workout.

## Cardio/Strength Specialty Classes

**Body Combat:** BODYCOMBAT™ is a high-energy martial arts-inspired™ workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**Body Pump:** BODYPUMP™ is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**Cardio Sculpt:** A total body workout using heart pumping muscle conditioning combined with intense cardio training.

**GRIT:** LES MILS GRIT™ Series features three unique workouts (Strength, Cardio, Plyo) featuring High Intensity Interval Training designed for ultimate results in minimum time. 30 Minute Class!

**HIIT:** High-intensity interval training (HIIT) is a form of interval training that involves repeated bouts of high intensity effort followed by varied recovery times. The idea is simple: less total time required to make a big change...more bang for your buck! Come work out and see for yourself!

**PiYo Live:** A low-impact workout that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

**Step:** High intensity, low impact movements performed on a step platform for aerobic conditioning.

**Strong by Zumba:** A high intensity interval training (HIIT) workout using more traditional fitness moves for a more athletic conditioning style workout! Using your own body weight, you will gain muscular endurance, tone and experience an increased after burn.

**Total Body Conditioning:** This Class incorporates strength & Cardio segments using equipment such as dumbbells, resistant bands, Swiss ball, a mat, and your own body weight for a total body workout.

**Zumba:** Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

## Beginner/Active Older Adult Classes

**Cardio/Muscle/Mind:** The movements and choreography are simple but the intensity will be moderate to high. It includes cardio, strength, abs, balance, and stretching. This class is perfect for all ages and fitness levels.

**Latin Beat Workout:** A fun upbeat workout with a Latin flair for all ages and fitness levels.

**Strength & Balance:** Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

## Kid Friendly Classes

**\*KF= Kids Friendly:** all workouts labeled KF welcome children ages 8-11 to workout with their parent/guardian with respect to the other members and the etiquette of classes. Youth Certified children (12-17) may attend all classes without a guardian. (Must wear wristband indicating YC or not)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# March 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cycling (Donna)	Step (Robin) 1st, 3rd and 5th Tuesday And GRIT™ (Jada) 2nd and 4th Tuesday	Cycling (Brittany)	GRIT™ (Traci) 30 min HIIT class	Cycling(Donna/Michele)	
	Cardio Sculpt (Gretel)	Cycling (Michele)	Body Pump & Abs (Donna)	BODYCOMBAT™(Brittany) *KF Activities Rm	BODYPUMP™ (Gretel)	
7:00am						
8:00am	PiYo Live (Jenna)	Pedal & Pump (Erika)	Total Body Conditioning (Jenna)	PiYo Live (Jenna)	BODYCOMBAT™ (Jackie) *KF	Cycling (Variety)
9:00am	Zumba® (Maribel) *KF	BODYPUMP™ (Traci/Jada)	Zumba (Maribel) *KF	BODYPUMP™(Monica)	Zumba® (Ellen) *KF	*Dealers Choice (Variety)
	Cycling (Kristi) Cardio/Muscle/Mind (Jenny) BBall Court	Cycling (Monica)	Latin Beat Workout (Laura) BBall Court	Cycling (Mayra)	Cycling (Chloe') Cardio/Muscle/Mind (Laura) BBall Court	
10:00am	Yoga (Marilyn)	PiYo Live (Allison)	PiYo Live (Jenna) Activities Room	PiYo Live (Allison)	Yoga (Ali)	Yoga 10:15 (Variety)
			Yoga (Jada)			
11:15am		Strength & Balance (Sally)		Strength & Balance (Sally)		
12:00pm	BODYPUMP™ (Traci)	GRIT™ (Tricia) 30 min HIIT class	BODYPUMP™ (Chloe')	GRIT™ (Chloe') 30 min HIIT class	BODYPUMP™ (Kristi)	
4:30pm	PiYo Live (Allison)	Zumba *KF Jin 3/6, 3/20 Mae 13 <sup>th</sup> , 27 <sup>th</sup>	BODYPUMP™(Jen)	Zumba® (Lindsay) *KF		
5:30pm	BODYCOMBAT™ (Jen) *KF	BODYPUMP™ (Donna)	Zumba (Ellen) *KF	BODYPUMP™ (Teresa)	BODYCOMBAT™ (Brittany) *KF	
	Cycling (Jamilia)	Cycling (Chloe')	Cycling (Kristin)	Cycling (Kristin)		
6:30pm	Zumba® (Lindsay) *KF	Cycling (Donna)	BODYCOMBAT™ (Kristi) *KFs	Cycling (Jamilia)		*KF= Kid Friendly (At discretion of instructor- children under 12 must have a parent present)
	Yoga (Marilyn) Activities Room	GRIT™ (Kristi) 30 min HIIT class	Yoga (Tracy) Side B-Ball Court 2/28-3/28	GRIT™ (Teresa) 30 min HIIT class		

**RAINED OUT: Text YFITNESS to 84483 to receive alert from Fitness Department**