



2018 Spring Semester Group Fitness Schedule

Classes listed in **BLUE** held in the RPM room
 Classes listed in **PURPLE** held in the GYM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BODY PUMP 6-7am Marie	BODY FLOW 6-6:45am Stephanie	BODY PUMP 6-7am Jason	BODY FLOW 6-6:45am Darcie	RPM 6-6:45am Marti	
	Tai Chi 8:30-9:15am Spencer		Tai Chi 8:30-9:15am Spencer		Tai Chi 8:30-9:15am Spencer	BODY PUMP 8:30-9:30pm ROTATING
	SS/SS Yoga 9:30-10:20am 10:20-10:50am Denise	BODY VIVE 9:30-10:15am Marti	SILVER SNEAKERS 9:30-10:30am Mary Rose	Movin' & Groovin' 9:30-10:15am Mary Rose	SILVER SNEAKERS 9:30-10:30am Mary Rose	CXWORX 9:40-10:10am Julie
	BODY FLOW 11-11:50am Darcie		BODY FLOW 11-11:50am Darcie	S.S. Yoga 10:30-11:15am Denise	HATHA YOGA 11:10-11:50am Brittany	POUND 10:15-11:00am Cathy (& Emily)
ZUMBA 12:30-1:15pm Debracca	BODY PUMP 12-12:45pm Marie	HATHA YOGA 12:05-12:50pm Ellen	BODY PUMP 12-12:45pm Liz	HATHA YOGA 12:05-12:50pm Misty	BODY PUMP 12-12:45pm Liz	ZUMBA 11:30-12:15pm Debracca
	BODY FLOW 4:30-5:25pm Stephanie	Zumba Gold 4:30-5:15pm Heather	BODY FLOW 4:30-5:25pm Darcie	BODY VIVE 4:30-5:15pm Marti		
BODY FLOW 4-4:50pm Stephanie	RPM/CXWORX 5-6:15pm Denise		BODY PUMP 5:30-6:30pm Denise	TURBO KICK 5:30-6:30pm Diane		
	BODY PUMP 5:30-6:25pm Ellery	TURBO KICK 5:45-6:30pm Melissa		CXWORX 6:30-7pm Julie		

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CLASSES INCLUDED WITH MEMBERSHIP!!



Class:	Description:	Length:
Body Pump	The original weight class that builds strength, tones your body and pushes you to the limit every time.	45-60 Min
Body Flow	A yoga, tai chi, and pilates inspired workout that leaves you long, strong, calm and centered.	45-60 Min
RPM	High-intensity interval training set to tunes that will get your pulse racing!	45-60 Min
CXWORX	A personal training-inspired scientifically based workout that challenges you to build and maintain a better shaped/functioning core.	30 Min
TurboKick	With Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned while having fun!	50-60 Min
Zumba	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance-fitness party.	45-60 Min
Silver Sneakers	Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity in a social setting.	60 Min
Hatha Yoga	Hatha yoga uses posture (asanas) and stretches in combination with the breath to develop flexibility and relaxation. This class will leave you feeling balanced and relieved from stress.	40-50 Min
Silver Sneakers Yoga	Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion. This class is suitable for every fitness level.	45 Min
Body Vive	This class features the optimal mix of strength, cardio, and core training. A great cross-training option for busy people on the go!	45 Min
Zumba Gold	Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.	30-45 Min
POUND	Cinch the waistline and trim the thighs with this pilates/cardio mix featuring weighted drumsticks and coordination improving moves. Also improves rhythm, agility, and endurance!	45 Min

