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# ICC Fitness Center Group Exercise Timetable

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**BODYCOMBAT™** is a high-energy martial arts-inspired workout. You’ll learn how to punch, kick and strike your way to superior fitness and strength.

**ON DEMAND**

- **On Demand**
- Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.
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- Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.
- **On Demand**
- Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.
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**Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.**

**Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.**

**Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.**

**Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.**

**The original barbell workout for anyone looking to get lean, toned and fit - fast.**

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**The original barbell workout for anyone looking to get lean, toned and fit - fast.**

**Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.**

**30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.**

**Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.**

**Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.**

**Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.**

**Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.**

**Work on shaping strong arms and shoulders with the original barbell workout that gets you lean, toned and fit - fast.**

**Work on shaping strong arms and shoulders with the original barbell workout that gets you lean, toned and fit - fast.**

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Illinois Central College
Group Exercise Timetable