

| Sunday                                      | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|--|---|--|--|--|
|   | <b>BodyPump</b><br>6:00-7:00am<br>Marie          | 6:00-6:45am<br><b>BodyFlow</b><br>Liz &<br><b>RPM**</b><br>Marti | <b>BodyPump</b><br>6:00-7:00am<br>Jason           | <b>BodyFlow</b><br>(Flexibility)<br>6:00-6:45am<br>Stephanie | <b>RPM</b><br>6:00-6:45am<br>Marti                       |  |
|   | <b>Tai Chi</b><br>8:30-9:15am<br>Spencer         | <b>Zumba</b><br>8:30-9:15am<br>Heather                           | <b>Tai Chi</b><br>8:30-9:15am<br>Spencer          | <b>Zumba</b><br>8:30-9:15am<br>Heather                       | <b>Tai Chi</b><br>8:30-9:15am<br>Lisa                    | <b>BodyPump</b><br>8:30-9:30am<br>Denise                   |
| <b>ZUMBA</b><br>12:30-1:15pm<br>Debracca    | <b>Silver Sneakers</b><br>9:30-10:20am<br>Denise | <b>Tone</b><br>9:30-10:15am<br>Marti                             | <b>Silver Sneakers</b><br>9:30-10:30am<br>Spencer | <b>Tone</b><br>9:30-10:15am<br>Marti                         | <b>Silver Sneakers</b><br>9:30-10:30am<br>Nancy          | <b>CXworX</b><br>9:40-10:10am<br>Julie                     |
| <b>POUND</b><br>1:30-2:15pm<br>Aloysia      | <b>S.S. Yoga</b><br>10:20-10:50am<br>Denise      |  |   | <b>S.S. Yoga</b><br>10:30-11:15am<br>Denise                  |  | <b>BodyFlow</b><br>(Flexibility)<br>10:20-11:05am<br>Marti |
|   | <b>BodyFlow</b><br>11-11:50am<br>Darcie          |  | <b>BodyFlow</b><br>11-11:50am<br>Darcie           | <b>CxWorx</b><br>11:25-11:55am<br>Denise                     | <b>BodyFlow</b><br>(Flexibility)<br>11-11:45am<br>Darcie | <b>ZUMBA</b><br>11:45-12:30pm<br>Debracca                  |
|   | <b>BodyPump</b><br>12:00-1:00pm<br>Lisa          | <b>Hatha Yoga</b><br>12:05-12:50pm<br>Ellen                      | <b>BodyPump</b><br>12-12:45pm<br>Lisa             | <b>Hatha Yoga</b><br>12:05-12:50pm<br>Misty                  | <b>BodyPump</b><br>12-1:00pm<br>Marie                    |  |
| <b>BodyFlow</b><br>4:00-4:45pm<br>Stephanie | <b>BodyFlow</b><br>4:30-5:20pm<br>Stephanie      | <b>Tone</b><br>4:30-5:15pm<br>Marti                              | <b>BodyFlow</b><br>4:30-5:20pm<br>Marti           | <b>Tone</b><br>4:30-5:15pm<br>Marti                          |  |  |
|   | <b>POUND**</b><br>5:30-6:15pm<br>Melissa B       | <b>Spinning**</b><br>5:25-6:05pm<br>Jodi                         | <b>POUND**</b><br>5:30-6:15pm<br>Jonna            | <b>Turbo Kick</b><br>5:40-6:25pm<br>Melissa                  |  |  |
|   | <b>BodyPump</b><br>5:30-6:30pm<br>Liz            | <b>Turbo Kick</b><br>5:45-6:30pm<br>Melissa                      | <b>BodyPump</b><br>5:30-6:30pm<br>Denise          | <b>CXworX</b><br>6:30-7:00pm<br>Julie                        |  |  |
|   |  | <b>CXworX</b><br>6:35-7:05pm<br>Julie                            |   | <b>ZUMBA</b><br>7:10-7:55pm<br>Heather                       |  |  |
|   |  | <b>BodyFlow</b><br>(Flexibility)<br>7:10-8:05pm<br>Stephanie     |   |  |  |  |

**SPRING 2020 ICC GROUP FITNESS SCHEDULE**

\*\* = in RPM Room

Last updated 3/9/20

## **Group Fitness Class Descriptions:**

### **(30 Minute Classes)**

**CXworX:** A personal training inspired class scientifically based to build and maintain strength for your core.

**Silver Sneakers Yoga:** Offers a chair/standing based class to increase flexibility, balance, and range of motion.

### **(40-60 Minute Classes)**

**BodyPump:** The original resistance training class that builds strength, tones muscle, and brings all of your muscle fibers to threshold every time.

**RPM:** 45 minutes of high intensity interval training (HIIT) set to great music. This cycling class will get your heart racing.

**Tone:** A class featuring an optimal mix of cardio, strength, and core training. A great cross-training option for people of all ability levels.

**Zumba:** A dance-fitness style class that blasts calories with easy to follow choreography with varied intensity levels.

**POUND:** Cinch the waistline and trim the thighs with this Pilates/cardio mix featuring the use of drumsticks to improve coordination, rhythm, and endurance.

**Turbo Kick:** A cardio kickboxing and body sculpting aerobics class choreographed to the hottest music.

**BodyFlow:** a combination of Yoga, Tai Chi, and Pilates that leaves you feeling long, strong, and centered.

**Hatha Yoga:** A posture (asana) based practice that coordinates breath and movement to develop flexibility, calm, and relaxation.

**Tai Chi:** An ancient practice of self-defense developed by monks that improves balance through meditative movement and breath.

**Silver Sneakers:** A class geared toward active seniors with an emphasis on balance and muscle/bone strengthening.

**Silver Sneakers Yoga:** Offers a chair/standing based class to increase flexibility, balance, and range of motion.