



# 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
	<b>BODY PUMP</b> 6-7am Marie	<b>BODY FLOW</b> 6-6:45am Stephanie	<b>BODY PUMP</b> 6-7am Jason	<b>BODY FLOW</b> 6-6:45am Darcie	<b>RPM</b> 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	<b>BODY PUMP</b> 8:30-9:30pm ROTATING
	SS/SS Yoga 9:30-10:20am 10:20-10:50am Denise	<b>BODY VIVE</b> 9:30-10:15am Marti	<b>SILVER SNEAKERS</b> 9:30-10:30am Mary Rose	Movin' & Groovin' 9:30-10:15am Mary Rose	<b>SILVER SNEAKERS</b> 9:30-10:30am Mary Rose	<b>CXWORX</b> 9:40-10:10am Julie
	<b>BODY FLOW</b> 11-11:50am Darcie		<b>BODY FLOW</b> 11-11:50am Darcie	<b>S.S. Yoga</b> 10:30-11:15am Denise	<b>HATHA YOGA</b> 11:10-11:50am Brittany	<b>POUND</b> 10:15-11:00am Cathy (& Emily)
<b>ZUMBA</b> 12:30-1:15pm Debracca	<b>BODY PUMP</b> 12-12:45pm Marie	<b>HATHA YOGA</b> 12:05-12:50pm Ellen	<b>BODY PUMP</b> 12-12:45pm Liz	<b>HATHA YOGA</b> 12:05-12:50pm Misty	<b>BODY PUMP</b> 12-12:45pm Marie	<b>ZUMBA</b> 11:30-12:15pm Debracca
G.R.I.T Demos Dates TBA	<b>BODY FLOW</b> 4:30-5:25pm Stephanie	Zumba Gold 4:30-5:15pm Heather	<b>BODY FLOW</b> 4:30-5:25pm Darcie	<b>BODY VIVE</b> 4:30-5:15pm Marti		
<b>BODY FLOW</b> 4-4:50pm Stephanie	<b>RPM/CXWORX</b> 5-6:15pm Denise	<b>TURBO KICK</b> 5:45-6:30pm Melissa	<b>BODY PUMP</b> 5:30-6:30pm Denise	<b>TURBO KICK</b> 5:30-6:30pm Diane		
	<b>BODY PUMP</b> 5:30-6:25pm Ellery			<b>CXWORX</b> 6:30-7pm Julie		
		<b>BODY FLOW</b> 7-7:30pm Rotating		<b>Warm Vinyasa</b> 7-7:30pm Ellen		


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Be sure to stop by the Fitness Center for updated Group Fitness schedules as they come out!



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## - Class Descriptions -

Body Pump.....	The original weight class that builds strength, tones your body, and pushes you to the limit every time.	.....45-60min
Body Flow.....	A yoga, Tai Chi, and pilates inspired workout that leaves you long, strong, calm, and centered.	.....45-60min
GRIT.....	A high-intensity interval training (HIIT) workout to improve strength and build lean muscle using powerful music and inspiring coaches.	.....30-40min
Hatha Yoga.....	A posture (asanas) based class that uses stretching in combination with the breath to develop flexibility and relaxation.	.....40-50min
Body Vive (Tone)....	A class featuring the optimal mix of strength, cardio, and core training resulting in a great cross-training option fo people on the go.	....45min
ZUMBA/Zumba Gold.....	A dance-fitness style class that blasts calories with easy to follow choreography with varied intensity levels. <b>Zumba Gold</b> classes offer a lower intensity version of this workout—geared toward active older adults.	.....45min
CX WORX.....	A personal training-inspired scientifically based workout that challenges you to build and maintain a better shaped and functioning core.	.....45min
Warm Vinyasa.....	We turn up the heat with this verion of yoga! This class is designed to detox the body and warm the muscles as you stretch away the stress of the day.	.....30min
RPM.....	 A high-intensity interval training (HIIT) class set to tunes to get your pulse racing.	.....45-60min
POUND... ..	Cinch the waistline and trim the thighs with this pilates/cardio mix featuring weighted drumsticks to improve coordination, rhythm, and endurance.	...45-60min
Silver Sneakers/Silver Sneakers Yoga.....	A class geared toward active seniors with an emphasis on balance and muscle/bone strengthening. <b>S.S. Yoga</b> offers a chair/standing based class to increase flexibility, balance, and range of motion.	.....45-60min
Turbo Kick.....	A cardio kickboxing and body sculpting dance class choreographed to the hottest music to get you lean	.....45-60min
Movin' and Groovin' .....	A cardio-based walking class that offers a variety of moves and intensities to increase your aerobic endurance	.....45-60min