


GROUP FITNESS

Classes Effective May 30 - August 31, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE David BOOTCAMP Amber	STRICTLY STRENGTH Amber	CYCLE Brian BOOTCAMP Courtney	TABATA Courtney	CYCLE Brian TABATA Mike	8:00 am AQUA ZUMBA® Rhonda WATER WALKING Lori	No classes on July 4th 
7:00 AM	CYCLE Yolanda		TBC Yolanda			SHORT CIRCUIT Courtney	
7:30 AM	SHORT CIRCUIT Steve		PiYo® -Natasha				
8:00AM	WATER WALKING Jenny		WATER WALKING Jenny		WATER WALKING Chris		
8:30 AM	STEP Debbie W. ZUMBA® Brooke	CYCLE Gae CARDIO INT. STRENGTH Mimi ZUMBA® Josephine	POUND Penny STRENGTH EXPRESS* Yolanda CYCLE Courtney	TURBOKICK Kristen TABATA Yolanda	CARDIO MIX Debbie W. POWER PILATES Deb H. CYCLE Gae	STEP Deb H. CYCLE Andrea 9:00 AM ZUMBA® Rachel DEEP WATER Lori	NOTES Indoor Pool Closed 8/20 - 27 Studio Floors Re-fresh 8/26 - 9/1
9:00 AM	DEEP WATER Jenny	WATER WALKING Jackie	DEEP WATER Jenny	WATER WALKING Dusty	DEEP WATER Chris		
9:30 AM	STRICTLY STRENGTH Jackie CYCLE Andrea TABATA Steve	STRICTLY STRENGTH Gae ADV. YOGA FLOW+ Penny	POWER PILATES Mimi YOGA + Heather	STRICTLY STRENGTH Kristen CYCLE Yolanda ZUMBA® TONING Ali	STRICTLY STRENGTH Debbie W. PiYo® Natasha CORE & MORE Gae	STRICTLY STRENGTH Deb H.	9:30 AM YOGA + Kimberly/Ainsley
10:00 AM	AQUA BOOTCAMP Jenny	DEEP WATER Jackie	AQUA BOOTCAMP Jenny	DEEP WATER Dusty	AQUA BOOTCAMP Chris AQUA ZUMBA® Ali	10:00 am TURBOKICK Latesha	
10:30 AM	SILVERSNEAKERS® CIRCUIT Josephine GENTLE YOGA Carolyn	BARRE BLEND Jean GENTLE YOGA Kimberly	ACTIVE STRENGTH Deb H.	ZUMBA® Alma	GENTLE YOGA Carolyn ACTIVE STRENGTH Josephine	1030 am POWER YOGA Claire	11:30 AM AQUA ZUMBA® Rhonda
11:00 AM	GENTLE AQUA Chris						
11:30 AM	SILVERSNEAKERS® CLASSIC Josephine STRETCH N' FLEX Jenny		SILVERSNEAKERS® CLASSIC Deb H.	YOGA + Claire	SILVERSNEAKERS® CLASSIC Sheryl		
12:00 PM		EXPRESS Shannon		EXPRESS Shannon			
2:00 PM		SILVERSNEAKERS® CIRCUIT Kim		SILVERSNEAKERS® CIRCUIT Pam			
5:00 PM	TBC Tammy	POUND Brooke	CARDIO DANCE Alma TBC Yolanda	POUND Alma YOGA + Karla			
5:30 PM		CYCLE Yolanda		CYCLE Brian	ZUMBA® Josephine		
6:00 PM	BOOTCAMP Latesha PiYo® Natasha	STRICTLY STRENGTH Latesha AQUA HIIT Jenny	BARRE BLEND Tammy	STRICTLY STRENGTH Jackie BARRE BLEND Jean AQUA ZUMBA® Rhonda			
6:30 PM	CYCLE Courtney		CYCLE Yolanda				
7:00 PM	ZUMBA® Rachel R. YOGA Karla	ADV. YOGA FLOW + Penny	ZUMBA® Maribeth YOGA Shannon	PILATES Jean			

CLASS CATEGORIES:

- Aquatics
- Cardio
- Strength
- Mind/Body/Flexibility

Classes are 50 minutes unless otherwise noted.

* Express classes are 30 minutes

+ Extended classes are between 65-85 minutes

Carmel • Clay
Parks & Recreation

AQUATICS

Aqua Boot Camp: Enjoy our wonderful Waterpark while burning calories! Aqua Boot Camp is the perfect workout combination of cardio and strength in the water. This is a great way to improve your endurance and strength in a low impact format.

Aqua Cardio: Get your heart pumping while enjoying a low impact water workout! The instructor will lead you through a warm-up, active cardio movements utilizing resistance in the water, and a cool down stretch at the end.

Aqua Yo-Chi: A combination of Ai Chi (Aqua Tai Chi), Yoga and Barre exercises in the comfort of our heated indoor pool. Slow focused movements, partnered with deep breathing, stretching, are perfect for stress reduction and injury recovery.

Aqua Zumba®: Splash your way into shape! Aqua Zumba is a low impact aerobic “pool party!” The instructor blends traditional aquatic fitness moves with Zumba choreography to give you a cardio-conditioning, body-toning class.

Gentle Aqua: Movements will focus on range of motion, balance, and flexibility in shallow water. Great for new Aqua participants and injury recovery.

Deep Water: Enjoy strength and cardio in deep water. Participants wear aqua belts to enhance their workout.

Water Walking: Walk with and/or against the current in the Lazy River, lead by an instructor who will add variations to challenge your muscle groups.

CARDIO

Boot Camp: Get STRONG in this challenging format packed with drills to test your strength, agility, endurance, and balance. This is a full-body workout that uses a variety of equipment including sandbells, medicine balls, jump ropes, and dumbbells. Modifications can be made for all fitness levels.

Cardio Dance - No experience necessary. Just bring your smile and get ready to dance away calories to favorite songs through the decades.

Cardio Interval Strength: Cardio-based movements, alternating with strength exercises creates a super-charged interval format. This class will fatigue your major muscle groups and increase your overall fitness level. All levels welcome.

Cardio Mix: Cardio Mix combines high/low aerobic movements, strength, and balance to give you a total body workout. All levels welcome!

Cycle: Indoor Cycling is a great cardiovascular workout on a specially-designed stationary bike. The instructor will lead you through various resistance levels and speeds for interval, strength, and hill-climbing formats to ensure a great workout every time!

Express: Workout: A 30-minute cardio workout designed to get you measurable results in less time. Start your day early with a quick, effective workout!

POUND®: Rock out with your friends! This is a fat-burning workout that uses drumsticks as part of the routine. You'll work your strength and core as our POUND expert leads you through the routine. No experience necessary.

Short Circuit: Big results in less time! This is a 30-minute class in a circuit format, including strength and cardio moves.

SilverSneakers® CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support stretching and relaxation exercises. This class is open to all guests.

Step: A high calorie-burning aerobic format using step benches with specifically designed choreography. Come join this classic aerobic workout!

TABATA: High intensity interval training to boost your metabolism and increase your cardiovascular endurance. Strength and cardio movements in timed

STRENGTH

Active Strength: New to exercise? This class is a safe way to elevate the heart rate, increase range of motion, and experience a great workout while minimizing impact to the joints.

Core & More: Using Pilates-based exercises, this strength class will tone your mid-section.

Short Circuit: Get in, get toned, get out! Exercise stations that will work your major muscle groups in 30 minutes!

SilverSneakers® Classic: Designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubing, and SilverSneakers® balls are used for resistance. A chair is used for seated and/or standing support. This class is open to all MCC guests.

Strictly Strength: An easy-to-follow strength class that challenges various muscle groups using resistance bands, handheld weights, and more.

Total Body Conditioning: This class features continuous cardio and strength moves designed to improve your overall fitness levels. The workout uses a variety of equipment in an easy-to-follow format.

Zumba Toning: Enjoy the Zumba atmosphere with a focus on strength using light weights. This class is a low-impact format designed to improve your muscle strength while moving to music.

MIND/BODY/FLEXIBILITY

Barre Blend: A low-impact class that features 50% ballet barre movements followed by mat-based Pilates exercises using light weights.

Gentle Yoga: Great for Seniors or new exercisers. The gentle flow is designed to accommodate limited ranges of motion or those new to Yoga.

PiYo®: Muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The faster tempo format delivers a true fat-burning, low-impact workout that leaves your body long, lean, and incredibly defined.

Pilates / Power Pilates: Traditional moves to strengthen core and improve muscle tone. Power Pilates is designed for those looking for an additional push. You will incorporate standing pilates and strength exercises to intensify basic movements.

Stretch N' Flex: Lower your injury risk by working on your flexibility and balance. A great follow-up to your cardio or strength class!

Advanced Yoga Flow: Advanced sequencing will challenge you to take your practice to a new level. Connect your mind and body while focusing on balance, strength, and flexibility. This class is designed for intermediate to advanced participants.

Power Yoga: A powered-up Vinyasa class, with an intensified flow, intended to build strength, increase flexibility, and boost your daily energy.

Yoga: Connect your mind and body while focusing on balance, strength, and flexibility. Work on your practice and reduce the everyday stress in your body.