

# GROUP FITNESS

Classes effective Sept. 5 - Dec. 31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	<b>CYCLE</b> David <b>BOOTCAMP</b> Amber	<b>CYCLE</b> Courtney <b>STRICTLY STRENGTH</b> Amber	<b>CYCLE</b> Brian <b>BOOTCAMP</b> Courtney	<b>CYCLE</b> Laurel <b>TABATA</b> Courtney	<b>CYCLE</b> Brian <b>TABATA</b> Amber	7:15 AM <b>CYCLE</b> Laurel	9:30 AM <b>YOGA +</b> Kimberly/Ainsley
7:00 AM	<b>CYCLE</b> Yolanda		<b>TBC</b> Yolanda	<b>YOGA</b> Penny	<b>EXPRESS</b> Steve	8:00 AM <b>SHORT CIRCUIT</b> Courtney	9:30 AM <b>CYCLE STRENGTH N' CORE+</b> Yolanda
8:30 AM	<b>STEP</b> Debbie W. <b>ZUMBA®</b> Julie <b>YOGA +</b> Kimberly <b>SHORT CIRCUIT</b> Steve	<b>CYCLE</b> Gae  <b>CARDIO INTERVAL STRENGTH</b> Mimi	<b>EXPRESS*</b> Yolanda <b>PIYO</b> Natasha <b>CYCLE</b> Courtney	<b>TABATA</b> Yolanda  <b>TURBOKICK®</b> Kristen	<b>CYCLE</b> Gae <b>CARDIO MIX</b> Debbie W. <b>POWER PILATES</b> Deb H.	8:30 AM <b>CYCLE</b> Andrea <b>STEP</b> Deb H.	11:30 AM <b>AQUA ZUMBA®</b> Rhonda
9:00 AM		<b>AQUA DANCE</b> Jackie		<b>AQUA CARDIO</b> Dusty	<b>AQUA ZUMBA®</b> Ali	9:00 AM <b>ZUMBA®</b> Rachel	<b>NO CLASSES</b> Labor Day 9/4/17  Thanksgiving 11/23/17  Christmas 12/25 /17  New Year's Day 1/1/2018
9:30 AM	<b>CYCLE</b> Andrea <b>TABATA</b> Steve <b>STRICTLY STRENGTH</b> Jackie <b>AQUA TABATA</b> <b>EXPRESS</b> Jenny	<b>ADV. YOGA FLOW+</b> Penny <b>STRICTLY STRENGTH</b> Gae <b>ZUMBA®</b> Josephine	<b>POWER PILATES</b> Mimi <b>YOGA+</b> Kimberly <b>ZUMBA®</b> Ali <b>AQUA TABATA</b> <b>EXPRESS</b> Jenny	<b>CYCLE</b> Yolanda <b>ZUMBA® TONING</b> Ali <b>STRICTLY STRENGTH</b> Kristen	<b>PIYO®</b> Natasha <b>STRICTLY STRENGTH</b> Debbie W.	9:30 AM <b>STRICTLY STRENGTH</b> Deb H.	
10:00 AM	<b>AQUA STRENGTH</b> Jenny	<b>AQUA CARDIO</b> Jackie	<b>AQ BOOTCAMP</b> Jenny	<b>AQUA STRENGTH</b> Dusty	<b>AQUA CARDIO</b> Chris	10:00 AM <b>TURBOKICK®</b> Latesha	
10:30 AM	<b>SILVERSNEAKERS®</b> <b>CIRCUIT</b> Josephine <b>GENTLE YOGA</b> Carolyn	<b>BODY BY BOSU®</b> Shannon	<b>ACTIVE STRENGTH</b> Deb H.  <b>POUND®</b> Alma	<b>ZUMBA®</b> Alma  <b>STRETCH N' FLEX</b> Claire	<b>ACTIVE STRENGTH</b> Josephine  <b>GENTLE YOGA</b> Carolyn	10:30 AM <b>POWER YOGA</b> Claire	<b>MORNING CLASSES ONLY</b> Black Friday 11/24/17
11:00 AM	<b>GENTLE AQUA</b> Chris	<b>AQUA TABATA</b> <b>EXPRESS</b> Jackie	<b>GENTLE AQUA</b> Jenny	<b>AQUA ZUMBA®</b> Ali	<b>AQUA YO-CHI</b> Chris		
11:30 AM	<b>SILVERSNEAKERS®</b> <b>CLASSIC</b> Josephine <b>STRETCH N' FLEX</b> Jenny		<b>SILVERSNEAKERS®</b> <b>CLASSIC</b> Deb H.	<b>YOGA +</b> Claire	<b>SILVERSNEAKERS®</b> <b>CLASSIC</b> Kim		
12:00 PM		<b>EXPRESS</b> Shannon	<b>EXPRESS</b> Shannon	<b>EXPRESS</b> Shannon			
2:00 PM		<b>SILVERSNEAKERS®</b> <b>CIRCUIT</b> Kim		<b>SILVERSNEAKERS®</b> <b>CIRCUIT</b> Pam			
5:00 PM	<b>TBC</b> Tammy	<b>TURBOKICK®</b> Latesha <b>POUND®</b> Returns OCT. 3	<b>TBC</b> Deb W.		<b>PIYO</b> Ainsley		
5:30 PM		<b>CYCLE</b> Yolanda		<b>CYCLE</b> Brian	<b>ZUMBA®</b> Josephine		
6:00 PM	<b>BOOTCAMP</b> Latesha <b>PIYO</b> Natasha <b>AQUA ZUMBA®</b> Rhonda	<b>STRICTLY STRENGTH</b> Latesha	<b>BARRE BLEND</b> Tammy <b>AQUA HIIT</b> Jenny	<b>BARRE BLEND</b> Tammy <b>STRICTLY STRENGTH</b> Jackie			
6:30 PM	<b>CYCLE</b> Courtney		<b>CYCLE</b> Yolanda				
7:00 PM	<b>ZUMBA®</b> Rachel R. <b>YOGA</b> Claire	<b>ADV. YOGA FLOW+</b> Penny	<b>ZUMBA®</b> Julie <b>POWER YOGA</b> Shannon	<b>PILATES</b> Tammy			

## 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 Dance:** Start the fall with a new aqua routine! Enjoy strength and cardio movements to popular tunes from the decades. Let's dance calories away together!

**Aqua HIIT:** High Intensity Interval Training is the trend. Come boost your metabolism in our heated pool!

**Aqua Strength:** Think strength moves in the water using noodles, paddles, and aqua-bells. Enjoy the metabolism boost and get stronger!

**Aqua Tabata Express / Aqua Express:** – No time? Try a 30 minute timed interval class that will include both cardio and strength exercises.

**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.

## 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 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!

**Cycle Strength & Core:** 40 min. of Cycling followed by 40 min. of strength and core exercises for a full-body workout!

**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 featuring both strength and cardio movements. Modifications can be made for all fitness levels.

**Turbokick®:** Turbokick® is a fast-paced, music-driven format. The instructor leads you through calorie-busting kickboxing routines.

**Zumba®:** Burn calories as the instructor leads you through Latin dances and rhythms. High energy and fun!

## STRENGTH

**Active Strength:** This class is a safe way to elevate the heart rate, increase range of motion, while minimizing impact to the joints.

**Body by Bosu® :** A full-body workout, featuring the Bosu® ball, designed to improve balance, sharpen reflexes, and reshape the body.

**Short Circuit:** Get in, get toned, & get on with your day! 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:** 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:** The Zumba® party atmosphere in 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.