

GROUP FITNESS

Classes Effective May 29 - Aug. 31, 2018

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|---|---|---|---|---|
| 5:30 AM | CYCLE David BOOTCAMP Amber | CYCLE Courtney STRICTLYSTRENGTH Amber | CYCLE Brian BOOTCAMP Michelle | CYCLE Laurel TABATA Courtney | CYCLE Brian TABATA Amber | | 9:30 AM YOGA + Kimberly/Ainsley/ Kat |
| 7:00 AM | CYCLE Yolanda | | TBC Yolanda | YOGA Erica | EXPRESS Steve | 8:00 AM SHORT CIRCUIT Courtney | 11:30 AM AQUA ZUMBA® Rhonda |
| 8:00 AM | WATER WALKING Jenny | AQUA RUN Starr AQUA DANCE Jackie | WATER WALKING Jenny | AQUA RUN Dusty | WATER WALKING Starr | 8:30 AM STEP Deb H. CYCLE Andrea | NOTES Indoor Pool Closed 8/13 - 8/24 Fitness Studios Annual Maintenance 8/25- 9/1 |
| 8:30 AM | ZUMBA® Julie YOGA+ Kimberly STEP Debbie W. SHORT CIRCUIT Steve | CYCLE Gae CORE DE FORCE Kristen CARDIO INT. STRENGTH Mimi | EXPRESS Yolanda PiYo® Natasha CYCLE Courtney | TURBOKICK Kristen TABATA Yolanda | CARDIO MIX Debbie W. POWER PILATES Deb H. CYCLE Gae | 9:00 AM ZUMBA® Rachel WATER WALKING Lori | |
| 9:00 AM | DEEP WATER Jenny | WATER WALKING Starr | DEEP WATER Jenny | WATER WALKING Dusty | DEEP WATER Starr AQUA ZUMBA Ali | 9:30 AM STRICTLY STRENGTH Deb H. | No classes on Wed. July 4th  |
| 9:30 AM | STRICTLY STRENGTH Jackie CYCLE Andrea TABATA Steve | STRICTLY STRENGTH Gae ADV. YOGA FLOW+ Erica ZUMBA® Josephine | POWER PILATES Mimi ZUMBA® Ali YOGA+ Kimberly | STRICTLY STRENGTH Kristen CYCLE Yolanda STRONG by Zumba® Brooke | STRICTLY STRENGTH Debbie W. CORE N' MORE Gae | 10:00 AM CARDIO INT. STRENGTH Debbie W. / Kimberly DEEP WATER CCPR Staff | |
| 10:00 AM | AQUA BOOTCAMP Jenny | DEEP WATER Starr | AQUA HIIT Jenny | DEEP WATER Dusty | AQUA YO-LATES Pam | 10:30 am POWER YOGA Claire / Kimberly | |
| 10:30 AM | SILVERSNEAKERS® CIRCUIT Josephine GENTLE YOGA Carolyn | BODY BY BOSU Shannon GENTLE YOGA Kat | ACTIVE STRENGTH Deb H. CARDIO INT. STRENGTH Deb W. | STRETCH N' FLEX Shannon | ACTIVE STRENGTH Josephine GENTLE YOGA Carolyn ZUMBA® TONING Ali | | |
| 11:00 AM | GENTLE AQUA Kat | | GENTLE AQUA Pam | | AQUA ZUMBA® Kat | | |
| 11:30 AM | SILVERSNEAKERS® CLASSIC Josephine STRETCH N' FLEX Jenny | SILVERSNEAKERS® CLASSIC Sheryl | SILVERSNEAKERS® CLASSIC Deb H. | YOGA + Kat | SILVERSNEAKERS® CLASSIC Sheryl | | |
| 12:00 PM | EXPRESS Lyndsey | EXPRESS Shannon | EXPRESS Shannon | EXPRESS Shannon | CYCLE EXPRESS Laurel | | |
| 2:00 PM | | SILVERSNEAKERS® CIRCUIT Kim | STRETCH N' FLEX Jessica | SILVERSNEAKERS® CIRCUIT Dusty | | | |
| 5:00 PM | TBC Tammy | POUND® Brooke | TBC Jenny | | | | |
| 5:30 PM | | CYCLE Yolanda | ZUMBA® TONING Jackie | CYCLE Brian | ZUMBA® TONING Ingrid | | |
| 6:00 PM | BOOTCAMP Tammy PILATES Jessica | BARRE BLEND Tammy | STRICTLY STRENGTH Gae | STRICTLY STRENGTH Jackie BARRE BLEND Tammy AQUA ZUMBA® Rhonda | | | |
| 6:30 PM | CYCLE Courtney | AQUA CARDIO Dusty | CYCLE Yolanda | | | | |
| 7:00 PM | ZUMBA® Rachel R. YOGA Claire | ADV. YOGA FLOW+ Erica | ZUMBA® Julie POWER YOGA Shannon | PILATES Tammy / Gae | | | |
| 7:30 PM | | | AQUA ZUMBA® Rhonda | | | | |

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 Dance: Dance in the water, burn calories while moving to the top songs through the decades.

Aqua HIIT: High intensity interval training in the pool. Boost your metabolism and improve cardiovascular endurance.

Aqua Run: Get your laps in the Lazy River. Think no-impact, high resistance, and strength improvements for your next race. Designed for runners.

Aqua Yo-Lates Experience a combination of Ai Chi (Aqua Tai Chi), Yoga & Pilates movements in the water. A Mind-body workout in the water!

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: This is a full-body workout that uses a variety of equipment including sandbells, medicine balls, jump ropes, and dumbbells.

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!

Core de Force®: This high-octane, martial arts-inspired workout is broken into 3-minute rounds - just like a boxing match! For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations.

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 intervals designed to improve your fitness level. A variety of equipment is used and modifications can be made for all fitness levels.

Turbokick®: A fast-paced, music-driven format that includes calorie-busting kickboxing moves!

Zumba®: No equipment. No experience necessary! High energy and fun while dancing to music from around the world!

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. Class includes mat work.

Body by Bosu®: A full-body workout featuring the Bosu®. Improve your strength, balance and re-shape your body with innovative exercise movements.

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

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.

STRONG by Zumba®: Train to the beat with bodyweight training. No equipment, no counting reps. Just strength movements in sync with the music!

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

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. A 65-85 minute class 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.