

# GROUP FITNESS

## Classes Effective May 29 - Aug. 31, 2018

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