

# GROUP FITNESS

Classes effective May 1 - May 28, 2018

	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		
7:00 AM	<b>CYCLE</b> Yolanda		<b>TBC</b> Yolanda	<b>YOGA</b> Penny	<b>EXPRESS</b> Steve	<b>8:00 AM</b> <b>SHORT CIRCUIT</b> Courtney	<b>9:30 AM</b> <b>YOGA +</b> Kimberly/Ainsley
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</b> <b>INT. STRENGTH</b> Mimi <b>CORE DE FORCE®</b> Kristen	<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.	<b>8:30 AM</b> <b>CYCLE</b> Andrea <b>STEP</b> Deb H.	<b>11:30 AM</b> <b>AQUA ZUMBA®</b> Rhonda
9:00 AM		<b>AQUA CORE N' MORE</b> Starr		<b>AQUA CARDIO</b> Dusty	<b>AQUA ZUMBA®</b> Ali	<b>9:00 AM</b> <b>ZUMBA®</b> Rachel	 <b>No class on</b> <b>May 28, 2018</b>
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>STRICTLY STRENGTH</b> Kristen <b>CYCLE</b> Yolanda  <b>STRONG by ZUMBA®</b> Brooke	<b>STRICTLY STRENGTH</b> Debbie W.  <b>CORE N' MORE</b> Gae	<b>9:30 AM</b> <b>STRICTLY STRENGTH</b> Deb H.	
10:00 AM	<b>AQUA STRENGTH</b> Jenny	<b>AQUA CARDIO</b> Starr	<b>AQUA BOOTCAMP</b> Jenny	<b>AQUA STRENGTH</b> Dusty	<b>AQUA YO-LATES</b> Pam	<b>10:00 AM</b> <b>CARDIO INT. STRENGTH</b> Debbie W. / Kim	
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. STRENGTH</b> Deb W.	<b>STRETCH N' FLEX</b> Shannon	<b>ZUMBA® TONING</b> Ali <b>ACTIVE STRENGTH</b> Josephine <b>GENTLE YOGA</b> Carolyn	<b>10:30 AM</b> <b>POWER YOGA</b> Claire / Kimberly	
11:00 AM	<b>GENTLE AQUA</b> Pam	<b>AQUA TABATA</b> <b>EXPRESS</b> Starr	<b>GENTLE AQUA</b> Jenny	<b>AQUA ZUMBA®</b> Ali		<b>CLASS CATEGORIES:</b>	
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	 <b>Aquatics</b>	
12:00 PM	<b>EXPRESS</b> Lyndsey	<b>EXPRESS</b> Shannon	<b>EXPRESS</b> Shannon	<b>EXPRESS</b> Shannon	<b>CYCLE EXPRESS</b> Laurel	 <b>Cardio</b>	
2:00 PM		<b>SILVERSNEAKERS®</b> <b>CIRCUIT</b> Kim	<b>STRETCH N' FLEX</b> Jessica	<b>SILVERSNEAKERS®</b> <b>CIRCUIT</b> Dusty		 <b>Strength</b>	
5:00 PM	<b>TBC</b> Tammy	<b>POUND®</b> Brooke				 <b>Mind/Body/Flexibility</b>	
5:30 PM		<b>CYCLE</b> Yolanda	<b>ZUMBA® TONING</b> Jackie	<b>CYCLE</b> Brian	<b>ZUMBA® TONING</b> Ingrid	<b>Classes are 50 minutes unless otherwise noted.</b>	
6:00 PM	<b>BOOTCAMP</b> Tammy  <b>PILATES</b> Jessica	<b>BARRE BLEND</b> Tammy	<b>STRICTLY STRENGTH</b> Gae	<b>BARRE BLEND</b> Tammy <b>STRICTLY STRENGTH</b> Jackie <b>AQUA HIIT</b> Jenny		* Express classes are 30 minutes	
6:30 PM	<b>CYCLE</b> Courtney		<b>CYCLE</b> Yolanda			+ Extended classes are between 65-85 minutes	
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		<b>Carmel • Clay</b> <b>Parks &amp; Recreation</b>	

## AQUATICS

- Aqua Boot Camp:** A perfect workout combination of cardio and strength in the water. 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 Core N' More:** Strengthen your core with exercises that target your abs and lower back. This class combines strength, balance, & cardio to get your heart pumping.
- 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 Yo-Lates:** Experience a combination of Ai Chi (Aqua Tai Chi), Yoga, and Pilates movements in the water. Perfect for pre or post-natal women, injury recovery, or those seeking a mind-body aqua class.
- Aqua Zumba®:** Splash your way into shape! A blend of traditional aquatic fitness moves with Zumba choreography to give you a 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:** 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®:** A high-octane, martial arts-inspired workout, delivered in three minute rounds - just like a boxing match!
- 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:** 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:** A fun standing circuit workout. A chair is used for standing support stretching and relaxation exercises. 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.
- Strong by Zumba®** Stop counting reps and start training to the beat. Optimize your bodyweight training with this strength class that includes movements in sync with music.
- Total Body Conditioning (TBC):** Continuous cardio and strength moves designed to improve your overall fitness levels.
- 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:** Power Pilates is designed for those looking for an additional push. Basic standing pilates and strength exercises intensified.
- 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+:** Connect your mind and body with advanced sequenced challenges. 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.