



# MAY GROUP FITNESS

	MON	TUE	WED	THU	FRI	SAT
<b>WEEKLY CLASSES</b>	Muscle Pump 6 am / Kara	Plyometrics 6 am / Tim	Muscle Pump 6 am / Kara	GymClassHeroes 6 am / Jessica	Plyometrics 6 am / Tim	<u>May 5</u> Muscle Pump 9 am **
	Pump & Core 8 am / Pam	Oula 9 am / Laurie	Pump & Core 8 am / Pam	Cardio Sculpt 9 am / Richel	Pump & Core 8 am / Sandy	Oula 10:15 am **
	Step* 9 am / Linsey	Super Sculpt (on Tennis Court) 9 am / Suzy	Step 9 am / Jeri	Muscle Pump Noon / Katy	Step & Sculpt 9 am / Sandy	<u>May 12</u> TBW 9 am **
	Line Dancing 11 am / Heidi	Muscle Pump Noon / Katy	Cardio Dance Groove 10 am / Heidi	Abs & More 4:30 pm / Sandy	Oula 10 am / Jennaya or Alicia	Oula 10:15 am **
	Oula 4:30 pm//Kali or Brynn	Abs & More 4:30 pm / Sandy	Senior Stretch 11 am / Heidi	Fit to Fight 5:00***	Senior Fit 11 am / Heidi	<u>May 19</u> Muscle Pump 9 am **
	GymClassHeroes 5:30 pm / Jessica	Fit to Fight 5:00***	Cardio 20/20/20 Noon / Kara (Cycling Studio)	Oula 5:30 pm / Laurie	Cardio 20/20/20 Noon / Kara	Oula 10:15 am **
		R.I.P.P.E.D. 5:30 pm / Angie	TURBO KICK 4:30 pm / Angie	Boxing 7:30 pm / Matt	Step Interval 4:30 pm / Angie	<u>May 26 &amp; 28</u> Memorial Day Holiday NO CLASSES
		Plyometrics 6:30 pm / Jessica	Muscle Pump 5:30 pm / Jessica		Muscle Pump 5:30 pm / Jessica	**Instructor Rotation
		Boxing 7:30 pm / Matt	Oula 6:30 pm / Brynn			

All Group Fitness classes are 55 minutes except  
\*Mon Step and Mon Strength Training are 45 minutes.

\*\*\* Fit to Fight is held from 5-6 pm. Activities from 5:00-5:20pm will take place in the Group Fit Studio.

# Group Fitness Class Descriptions

**Abs and More** *All levels* The focus of this class is on the abdominals, but additional muscle groups are routinely added to your workout. A wide variety of exercises are used with the intent to tone, strengthen and define.

**Boxing** *All levels* Boxing utilizes circuit training with heavy bags to build your aerobic and anaerobic systems. A boxing workout gets you in shape fast, works every muscle in your body and keeps your heart healthy. **(Gloves provided)**

**Cardio 20/20/20** *All levels* A premier workout which will include 20 minutes of cycling, 20 minutes of circuit training, and 20 minutes of abdominal work. This class enhances your overall muscle tone and cardiovascular system.

**Cardio Dance Groove** *All levels* A choreographed dance aerobics class dedicated to moderate-energy dance moves. The combination of calisthenics with repetitive dance routines allows you to have fun while improving your heart health.

**Cardio Sculpt** *Intermediate to advanced levels* This class combines a fat burn with body sculpting for a fun Hi/Lo workout followed by a challenging muscle conditioning portion.

**Gym Class Heroes** *Intermediate to advanced levels* Incorporates calisthenics, running, jumping, and weight lifting done at *high intensity*, usually for short periods of time

**Line Dancing** *All levels* Aerobic workout utilizing country music and country dance steps. Whether you're a beginner or an experienced dancer, you will enjoy this aerobic class while burning calories and improving your cardiovascular system.

**Muscle Pump** *All levels* Targets multiple muscle groups through high repetition and endurance based interval exercises. Utilizes body-bars, hand weights and interval training to target specific muscle groups and achieve optimum heart rate levels. Weights should be adjusted to meet individual ability and desired effect.

**Oula®** *All levels* Oula is a dance workout for people who shake their groove things when no one is watching. It is a high-energy, easy-to-learn hour of Top 40 hits, calorie burning, hooting and hollering and letting it all go. Open to all ages, experiences and mobility levels. Oula is one epic hour of sweat, joy, and total inspiration.

**Plyometrics (AKA "Plyos")** *Intermediate to advanced levels* Designed to produce fast, powerful movements, and improve the functions of the nervous system, generally for the purpose of improving performance in sports and physical activity by utilizing the strength, elasticity and innervations of muscle.

**Pump and Core** *All levels* Based on high repetition to tone and sculpt every muscle. It is structured to improve strength and endurance and designed to focus on balance, core strength and muscle development

**R.I.P.P.E.D®** *Intermediate to advanced levels* Designed to transform your body, mind and life. In its literal form R.I.P.P.E.D. is R for Resistance, I for Intervals, P for Power, P for Plyometrics, E for Endurance, and D for Diet and nutrition.

**Senior Fit** *All levels* Geared for people over 50, but is great for anyone. We get you moving (at your own level) and then challenge cardio, balance, flexibility and muscle strength using dumbbells, resistance bands and balls.

**Senior Stretch** *All levels* Geared for people over 50, but is great for anyone. Stretching exercises for seniors are performed either in a chair or standing. Stretching increases your flexibility and freedom of movement.

**Strength Training** *Intermediate to advanced levels* Strength training is a class that features a variety of exercises utilizing free weights, bands or Body Bars. Strength training is designed for all levels.

**Step** *All levels* Distinguished from other forms of aerobic exercise by its use of an elevated platform (the step). The step height can be adjusted to meet your individual fitness level. Instructors choreograph a set of moves. Step combines endurance and strength training.

**Step and Sculpt** *Intermediate to advanced levels* This high-energy interval training class alternates intermediate/advanced step choreography with intensive muscle conditioning for a total-body workout.

**Super Sculpt (on tennis court)** *All levels* The class concentrates on functional strength training exercises combined with aerobic bursts of activity to create a stronger mind and body in a fun, yet challenging environment.

**Turbo Kick®** *Intermediate to advanced levels* Provides intense kickboxing moves and dance moves- choreographed to music. It's the ultimate blend of intense intervals of strength and endurance training. Turbo Kick requires no previous kickboxing experience or equipment.