# Group Fitness

**Effective: 2/1/2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 6:30-7:00 | Metabolic Meltdown  
*Lisa*                                | 6:30-7:00 Pump and Pedal  
*Lisa*                                | 6:30-7:00 Power Lift  
*Lisa*                                |                                                            |                                                            |
| 7:15-12:00 | Virtual Fitness                            | 7:30-12:00 Virtual Fitness                 | 7:15-12:00 Virtual Fitness                 | 7:30-12:00 Virtual Fitness                 |
| 12:00-12:45 | Winter Werk  
*Jess*                          | 12:00-12:45 Winter Werk  
*Jess*                          |                                                            |                                                            |
| 12:30-1:15 | Pilates  
*Lisa*                              | 12:15-1:00 Yoga  
*Jessica*                           | 12:30-1:15 Pilates  
*Lisa*                              | 12:15-1:00 Yoga  
*Jessica*                           |
| 1:30-4:45 | Virtual Fitness                            | 1:30-4:45 Virtual Fitness                  | 1:30-4:45 Virtual Fitness                  | 12:00-4:45 Virtual Fitness                |
| 5:00-5:45 | Zumba  
*Andrea*                             | 5:15-6:00 HIIT Training  
*Lisa*                               | 5:00-5:30 Cardio Kickboxing  
*Quentin*                            | 5:15-6:00 HIIT Training  
*Lisa*                               |
| 6:15-7:00 | Indoor Cycling  
*Liz*                                | 5:30-6:15 Zumba  
*Daniela*                           | 6:00-6:45 Cycle Beats  
*Lisa*                                |                                                            |

Paid Class*
See Fitness Center staff for pricing.
Welcome!

Our exercise programs provide our members with professional instruction with safe, fun, and effective workouts.

We offer a variety of classes that focus on cardiovascular, strength, and flexibility training for exercisers of all fitness levels.

The following class descriptions may help you optimize your workout with complete safety.

## Class Descriptions

**Cardio Kickboxing** - Looking to increase your cardio fitness, improve your strength, enhance your coordination and train like a boxer? This class will incorporate boxing movements, cardiovascular exercises and body weight resistance training to give you the total body workout you are looking for all in 30 minutes.

**Cycle Beats** - Burn major calories in this challenging class. Cycle to the beat of the music while doing high intensity intervals on a spin bike.

**HIIT Training** *(Fee Based Class)* - High Intensity Interval Training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Indoor Cycling** – This is the ultimate indoor cycling experience! Follow your instructor on a simulated ride through various terrains, while controlling your own resistance level. Race through drills, hills, flats and jumps.

**Metabolic Meltdown** – High intensity circuit training working using strength conditioning designed to make your body more metabolically efficient.

**Pilates** - This class offers a variety of exercises to lengthen, tone and strengthen your physique from head to toe. A typical class will focus on building core strength, balance and flexibility.

**Power Lift** – Get your muscles pumping with our weight lifting class. You’ll get a full body workout that will help you gain strength, increase your metabolism and muscle definition.

**Pump and Pedal** – Interval training workout alternating between spinning and weights designed to tone muscles and burn fat.

**Virtual Fitness** - This is an opportunity to come down during non-class times and workout on your own or with coworkers. Use one of our training DVDs or bring one from home. Space is available on a first come, first served basis.

**Winter Werk** *(Fee Based Class)* – This paid 4 week class is the ultimate opportunity to get in shape in a short period of time! A 45 minute, full body intense workout designed to push your body to the limit and increase stamina, strength and power.

**Yoga** - This class will take participants through a series of poses with modifications for all fitness levels that are designed to promote flexibility and relaxation.

**Zumba®** - A non-intimidating class for all fitness levels that incorporates Latin and international music and dance movements creating a dynamic, exciting and effective fitness system.

*Instructors and classes are subject to change without notice.*