

# Group Exercise Schedule

Start Date: April 28, 2008

End Date: June 26, 2008-Nine week session

## South Building Wellness Center

Week of \_\_\_\_\_

### MONDAY

Time	Class Format	*Details	Instructor
6:00 to 6:45am	Rep Reebok	Registration Required	Colleen
11:00 to 11:30 am	TBC	Registration Required	Renee
11:30 to 12:15 pm	Pre/postnatal Fit	Registration Required	Renee
12:15 to 1:00 pm	Boot Camp	Additional Fee	Renee

### TUESDAY

Time	Class Format	*Details	Instructor
6:00 to 6:45 am	Circuit Training	Registration Required	Rotates
11:00 to 11:45 am	Pilates	Registration Required	Stephanie T
11:50 to 12:20 pm	Zumba	Registration Required	Stephanie T
12:30 to 1:00 pm	Yoga & Strength	Registration Required	Stephanie T
3:45 to 4:15pm	Active Adult	Registration Required	Stephanie T
4:15 to 5:00 pm	Kickboxing	Registration Required	Stephanie T

### WEDNESDAY

Time	Class Format	*Details	Instructor
6:00 to 6:45am	Rep Reebok	Registration Required	Colleen
11:00 to 11:30 am	TBC	Registration Required	Sonja
11:30 to 12:15 pm	Pre/postnatal Fit	Registration Required	Sonja
12:15 to 1:00 pm	Boot Camp	Additional Fee	Sonja

### THURSDAY

Time	Class Format	*Details	Instructor
6:00 to 6:45 am	Circuit Training	Registration Required	Stephanie B
11:00 to 11:45 am	Pilates	Registration Required	Colleen
11:50 to 12:20 pm	Zumba	Registration Required	Colleen
12:30 to 1:00 pm	Yoga & Strength	Registration Required	Colleen
3:45 to 4:15pm	Active Adult	Registration Required	Megan
4:15 to 5:00pm	Kickboxing	Registration Required	Megan

**\*ADDITIONAL FEE\*** A fee is required from the participant in order to participate.

**\*REGISTRATION REQUIRED\*** Available to the individuals that have registered and been randomly chosen to participate in the class.

## CLASS FORMATS

**New-Active Adults**--(Suitable for ages 50 & up)- Complete a series of strength building exercises, cardio movements and stretching exercises for all major muscle groups. Chair and standing modifications will be offered to accommodate all fitness levels.

**Boot Camp (additional fee)-Beg May 5**

Give yourself eight weeks and see how much your body can change. These intense group workouts will lead you in cardio, strength/endurance, flexibility and nutrition. See Wellness Center staff for more program details. (Spring/Summer Program meets 2 x per week.)

**Circuit Training**-Maximize your AM workout time by getting a rotation of strength/endurance training and cardio all in one class. Use the step, tubes, weights, medicine balls and an exercise mat for a variety of exercises.

**Kickboxing**-A workout that will get you up and moving. Learn punches, kicking combos and drills that will get you in super shape.

**Pilates**-Focuses on the core of the body: abdominals, low back, and hips with a progressive workout on a mat. Exercises are performed seated, side lying, prone, supine and standing. Sculpt firm flat abdominals and create strength and flexibility in your core.

**New-Pre/postnatal Fit**-Moderate exercise is not only safe: it also-in many cases-makes pregnancy more comfortable and speeds postpartum recovery. Join this class to work on cardiovascular conditioning, muscular endurance and appropriate stretching exercises for moms to be and those who have given birth within the last 6 months. The goal of the class is a healthy baby and mom. (Medical Clearance required)

**New-6am class-Rep Reebok**-You can enjoy the many benefits of a sensible approach to strengthening/sculpting your major body muscles. Focus on upper, abdominal and lower body using dumbbells from 3lb to 10 lbs and the step bench.

**TBC**-You will experience total body conditioning and cardio endurance exercises for all major muscle groups by using a variety of equipment. Experience a stronger body and overall increased muscle tone.

**Yoga and Strength**-This workout combines the best of both fitness worlds by lifting hand-weights and/or body weight and stretching all major muscles and joints. Create a stronger body and also relax the mind.

**Zumba**-A fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout! The routines feature aerobic/fitness interval training with a combo of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Today's HOTTEST fitness phenomenon!