

# Aerobics Schedule Spring 2020

*January 27th-April 24th*

**Classes are FREE to Fitness Center Members**

**Sign-ups begin anytime after 6:30am at the Fitness Center Service Desk**

- ♦ Ask the desk attendant to sign you up daily for the class you are interested in at the Fitness Center or by calling 572-5500.
- ♦ Please contact the Fitness Center Desk (x5500) if you have signed up for class but can no longer attend.
- ♦ Sign ups are on a first come, first serve basis.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>AFTERNOON CLASSES</b>					
			POWER YOGA 12:45-1:45 Stacy		
<b>EVENING CLASSES</b>					
				CHISEL & BURN 2:30-3:15 Sydney	
HIIT 5:00-5:30 Sydney	TOTAL BODY CONDITIONING 5:00-5:45 Lea	POWER YOGA 5:00-6:00 Stacy	INDOOR CYCLING 5:00-5:45 Mollie	YOGA 4:00-5:00 *free yoga class No MEMBERSHIP RE- QUIRED	
CORE PILATES 5:45-6:15 Sydney	INDOOR CYCLING 6:00-6:45 Lea	ROCK BOTTOM 6:15-7:00 Sydney	*ZUMBA 6:00-6:45 Alyssa		
INDOOR CYCLING 7:15-8:00 Rachel	*ZUMBA 7:00-7:45 Alyssa	INDOOR CYCLING 8:00-8:45 Mollie			INDOOR CYCLING 7:30-8:15 Rachel

**\*Zumba classes will begin on February 4th\***

# Class Descriptions

**Chisel & Burn:** This class is designed to shred fat while building strength and endurance. This class includes circuit training, cardio exercises, bodyweight exercises and finishes with core and stretching. This is a complete overall body workout that is fit for all levels.

**Core Pilates:** This 30 minute class is designed to strengthen and tone your core through the use of Pilates moves and body weight exercises. Have some fun learning some fun new core exercises with the use of the pilates rings.

**HIIT** This quick 30 minute, High Intensity Interval Training, is a fast way to burn fat and get lean. The workout consists of intense burst of exercise followed by short active recovery periods. HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn during and after the workout.

**Indoor Cycling:** This class is done on a stationary bike to high energy and motivating music while traveling flat roads, climbing hills and sprinting. \*If you are new to this class, arrive 5-10 minutes before class starts to have your bike properly set up for you.

**Rock Bottom:** This 45 minute butt-kicking, gut-wrenching class will focus and target those “problem areas” of the lower body and core. Strengthen, lift and tone your thighs, glutes and core in one quick workout.

**Total Body Conditioning:** Total body workout that will help you build strength, add definition and increase lean muscle. The class will utilize free weights, resistance bands, and stability balls for an overall fun and functional workout.

**Zumba:** Featuring Latin rhythms and easy to follow dance moves, Zumba® is a dance exercise class that keeps everyone motivated by creating a dance party atmosphere. Come join the party!

**Power Yoga:** Whether you are just beginning your yoga practice or looking to deepen your practice, this class focuses on the basic principles of yoga.

**\*Classes are designed to accommodate all fitness levels!**