

# Group Fitness 2016

Times	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	Studio B		<b>Indoor Cycling</b> (Kyle)			<b>Indoor Cycling</b> (Josh)	
7:00 a.m.	Studio A				<b>Core &amp; More</b> (Lucas)		
8:00 a.m.	Studio A		<b>Gentle Yoga</b> (Jill)		<b>Gentle Yoga</b> (Jill)		
9:00 a.m.	Studio A	<b>Cardio Dance</b> (Jill)	<b>Yoga</b> (Veronica)	<b>Cardio Dance</b> (Jill)	<b>Yoga</b> (Nicole)	<b>Zumba®</b> (Veronica)	
10:00 a.m.	Studio A						<b>Zumba®</b> (TBA)
10:30 a.m.	Studio A	<b>Muscle Magic</b> (Jill)	<b>Gentle Yoga</b> (Veronica)	<b>Muscle Magic</b> (Jill)	<b>Gentle Yoga</b> (Nicole)	<b>Muscle Magic</b> (Justin)	
11:00 a.m.	Studio A						<b>Ripped®</b> (Melissa)
11:30 a.m.	Studio A		<b>Zumba®</b> (Veronica)		<b>Total Body Barre</b> (Jill/Nicole)		
12:15 p.m.	PTC Studio A	<b>Rowing</b> (Lucas)		<b>Core &amp; More</b> (Kyle)			
4:30 p.m.	Studio A	<b>Total Body Barre</b> (Nicole)	<b>Yoga</b> (Nicole)	<b>Total Body Barre</b> (Jill)	<b>Yoga</b> (Veronica)		
	Studio B	<b>Indoor Cycling</b> (Lucas)					
5:30 p.m.	Studio A	<b>Ripped®</b> (Melissa)	<b>ABS!</b> (Lucas)	<b>Yoga</b> (Nicole)	<b>Body Sculpting</b> (Melissa)		
6:00 p.m.	Studio A		<b>Zumba® Fusion</b> (Veronica)				
	Studio B			<b>Core &amp; More</b> (Lucas)			
6:30 p.m.	Studio A	<b>Zumba®</b> (Veronica)			<b>Zumba®</b> (Veronica)		

## OUR CERTIFIED INSTRUCTORS:

Nicole Bennett  
Veronica Carter  
Melissa Castillo  
Lucas Elsik  
Kyle Harper

Justin Gonzales  
Jill Heard  
Katherine Roy  
Josh Wilson

## Hours of Operation

Tone and strengthen your body using weights appropriate to your fitness level. This class is sure to fire up all of your major muscle groups! \*Please Bring a Mat\*

Monday – Thursday	5:00 am – 9:00 pm
Friday	5:00 am – 8:00 pm
Saturday	8:00 am – 3:00 pm
Sunday	1:00 pm – 5:00 pm

## CLASS DESCRIPTIONS

### Core and More 30min.

Focus entirely on building core strength in this high energy and engaging class. You will get your heart rate going, but it is your core that will experience the effect of this class through a use of a variety of fitness tools.

\*Please bring a mat\*

### Gentle Yoga 45-55 min.

Designed for the active mature adult, this class is an introduction to a variety of basic yoga poses. You will learn to coordinate your breath along with your body's movement, as well as become familiar with the importance of body alignment. This class will increase your flexibility, enhance your balance and create overall body strength and stability. \*Performed with a chair\*

### Indoor Cycling 45-55 min.

This class, performed on specialized, weighted flywheel stationary bikes, focuses on endurance and strength, putting the participant through a series of intervals followed by recoveries. Riding with carefully selected music, you will put your body to the test and your mind through the ride as the instructor simulates traveling on flat roads and varied climbs, sprints and races.

### ABS! 15-20 min.

During this short & intense workout you'll work your entire core! This class will focus on toning & strengthening your abs while teaching you new exercises to help sculpt the body! This class is a great way to fit a quick but challenging workout into your busy day.

\*Please bring a mat\*

### Cardio Dance 45-55 min.

Get a great calorie burning, high energy cardiovascular workout and build your coordination/balance by dancing new moves to fun, contemporary music. This class consists of low to moderate impact dance-aerobics moves that utilize both sides of the body. You will get your heart pumping, build your endurance and confidence and have a blast doing it!

### Muscle Magic 45-55 min.

This class is designed for the mature adult or the participant that is on the road to reclaiming their fitness. Performed in a chair, this workout utilizes full range of motion exercises for joint health and balance. Low pound free weights, resistance bands, and balls are used to build muscular strength and coordination.

### Body Sculpting 45-55min.

### R.I.P.P.E.D. 45-55min.

(**R**esistance, **I**ntervals, **P**ower, **P**lyometrics, **E**ndurance, **D**iet) sessions will consist of a variety of high intensity, total body workouts utilizing free weights, as well as resistance and body weight exercises.

### Rowing 30-45 min.

The smooth, low impact rowing motion works the whole body, is easy to learn and can challenge any fitness level. Rowing engages all the major muscles groups of the core, arms and legs in a balanced manner. \*Call ahead to reserve a rower\*

### Total Body Barre 45-55 min.

An exercise program designed to lengthen muscles while strengthening them. This Ballet influenced class uses mindful exercises to condition the entire body. \*Please bring a mat\*

### Yoga 45-55 min.

This class combines fitness moves such as pushups, sit ups and squats with traditional yoga poses and links them together in a flowing format. With regular yoga practice, you will increase your flexibility, stability, balance and breath control. \*Please bring a mat\* **F**

### Zumba 45-55 min

Are you ready to party yourself into shape? Forget the workout, just lose yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international music. Zumba moves are easy to do, effective at burning calories and totally exhilarating.

### Zumba Toning 45-55 min.

Zumba Toning utilizes the same Latin beats but challenges the participant's muscles through the use of lightweight toning sticks or hand weights. Come join the party!

### Zumba Fusion 45-55 min

If you like all the different formats that Zumba offers then this class is for you. Zumba Fusion combines different aspects of many of the Zumba formats such as Sentao, Toning, and Step.

**Classes, class times, and instructors are subject to change.**  
**For the most recent schedules please call 401-7676**

or check us out on the web at  
[www.grmedcenter.com/wellness](http://www.grmedcenter.com/wellness)