

GROUP FITNESS SCHEDULE

FALL 1 2016
AUG. 22-OCT.16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 a.m. / B Cyclone Cycle Vicky	5:45-6:15 a.m. / B LesMills SPRINT™ Agnes	7:30 a.m. / C Muscle Work Josh	5:45-6:15 a.m. / B LesMills SPRINT™ Lisa	8 a.m. / A Zumba® Mariah	7:15-7:45 a.m. / B LesMills SPRINT™ Lisa/Emma	8:30 a.m. / B Cyclone Cycle Erin
8:30 a.m. / Pool Aqua Basic Jackie	8:30 a.m. / B Pilates Mat Christine	8:30 a.m. / Pool Aqua Medley Debbie	8-9 a.m. / A Restorative Yoga Joanne	8:30 a.m. / Pool Aqua Basic Tom	8 a.m. / A LesMills BODYPUMP™ Lisa	9:30 a.m. / Pool Aqua Medley Paulina
9 a.m. / C Fitness Fusion Vicky	9-10 a.m. / C Gentle Yoga Heather	9 a.m. / C Zumba® Mariah	8:30 a.m. / B Cyclone Cycle Christine	9 a.m. / A Fitness Fusion Mariah	8:30 a.m. / Pool Aqua Dance Paulina	9:30-10:30 a.m. / C Vinyasa Yoga Erin
9-10 a.m. / A LesMills BODYPUMP™/ CXWORX™ - Lisa	9:30 a.m. / B Cyclone Cycle Christine	9-10 a.m. / A LesMills BODYSTEP™ Adriana	9 a.m. / A Piloxing Sharon	9 a.m. / C Hatha Yoga Heather	9 a.m. / B Cyclone Cycle Mary	9:30-10 a.m. / A LesMills CXWORX™ Adriana
9:30 a.m. / Pool Aqua Medley Jackie	9:30 a.m. / Pool Aqua Zumba® Leah	9:30 a.m. / Pool Aqua Medley Debbie	9:30 a.m. / Pool Aqua Zumba® Leah	9:30 a.m. / Pool Aqua Medley Nancy	9-9:30 a.m. / A LesMills CXWORX™ Lisa	10 a.m. / A LesMills BODYCOMBAT™ Adriana
10 a.m. / C Light & Low Cardio Sharon	10 a.m. / A Zumba® Gold Mariah	10-10:30 a.m. / A LesMills CXWORX™ Adriana	9:30 a.m. / B Pilates Mat Christine	10 a.m. / C Pilates Barre Melanie	9:30 a.m. / C Zumba® Mariah	10-10:30 a.m. / B LesMills SPRINT™ Agnes/Emma
11 a.m. / A Sit & Fit Jana	11 a.m. / A Pilates Mat Melanie	10 a.m. / C Muscle Work Julie	10 a.m. / A Muscle Work Sharon	11 a.m. / D Mind Body Fusion Nancy	10:30-11:30 a.m. / C Hatha Yoga Carolina	
12-12:30 p.m. / Synrgy Synrgy 360 X-Training Albert	12:30-1 p.m. / A LesMills CXWORX™ Lisa / Jana	11 a.m. / A Vinyasa Yoga Erin	11 a.m. / A Sit & Fit Maria	5-5:30 p.m. / B LesMills SPRINT™ Lisa	11-12 p.m. / A Tai Chi / Qigong Bill	
4 p.m. / Pool Aqua Medley Dawna	4:30 p.m. / C Vinyasa Yoga Vanessa	12 p.m. / A Muscle Work Josh	12:30-1 p.m. / A LesMills CXWORX™ Jana	5 p.m. / C Pilates Mat Kate		
5 p.m. / A LesMills BODYPUMP™ Lisa	5:30 p.m. / B Cyclone Cycle Annette	4:30-5 p.m. / Synrgy Synrgy 360 X-Training Albert	4:30 p.m. / C Zumba® Toning Mariah	6 p.m. / C Zumba® Kate		
5 p.m. / B Cyclone Cycle Erin	6 p.m. / Pool Aqua Tabata Paulina	5 p.m. / A LesMills BODYCOMBAT™ Lisa	5 p.m. / B Cyclone Cycle Erin	6 p.m. / A LesMills BODYPUMP™ Lisa		
6-6:30 p.m. / A LesMills CXWORX™ Lisa	6:30 p.m. / C Pilates Barre Kate	5:30 p.m. / C Zumba® Leah	5:30 p.m. / A Muscle Work Kate			
6 p.m. / C Zumba® Leah	7 p.m. / A Restorative Yoga Erin	6 p.m. / A LesMills BODYPUMP™ Lisa	5:30 p.m. / Pool Aqua Zumba® Dawna			
6:30 p.m. / A LesMills BODYCOMBAT™ Lisa	7:30 p.m. / C Zumba® Kate	6:30 p.m. / Pool Aqua Zumba® Leah	6-7 p.m. / C Hatha Yoga Erin			
7 p.m. / C BollyX Laina		7-7:30 p.m. / A LesMills CXWORX™ Lisa	6:30 p.m. / A POUND Dawna			
7:30-8:30 p.m. / D Hatha Yoga Vanessa						

The letter next to class time indicates the studio or pool in which the class is held.

GROUP FITNESS GUIDELINE

In accordance with fitness industry safety standards, students should not join a class after the warm-up has concluded (approximately first 5 mins). To respect other participants please refrain from private conversations during class. Classes are subject to minimum/maximums, instructor/location changes, and/or cancellation at the supervisor's discretion. All classes are free for FitRec members. Schedule is subject to change. All classes are 50-minutes in length, unless noted. Classes are on a first-come, first-served basis. Guests must be at least 16 years of age to participate. 13-15 year old members must complete an orientation to attend.

The use of cellphone/iPods is prohibited during classes. Any use of these devices will result in removal from class per instructor's discretion.

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All group fitness classes are 50-minutes in length, unless noted.

For a digital copy of the group fitness schedule or to see changes, download the free MVCC FitRec app or view the live calendar on our website.

LAND CLASS DESCRIPTIONS

- ▶ **BollyX® - Multi-Level**— BollyX is a Bollywood inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. This cardio workout cycles between higher and lower intensity dance sequences to get you moving and keep you motivated. Be inspired by the music and dance of Bollywood, the film industry of India.
- ▶ **Cyclone Cycle - Multi-Level**— In this indoor cycling class, you will experience a variety of cycling conditions including hill climbs, fast flats and exhilarating finishes while focusing on speed, power, intensity and technique. Arrive early for bike set up and do not forget a towel and water bottle.
- ▶ **Fitness Fusion - Multi-Level**— Effective resistance, balance and core training using various equipment to keep you challenged and interested.
- ▶ **LesMills BODYCOMBAT™ - Intermediate/Advanced**— This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.
- ▶ **LesMills BODYPUMP™ - Multi-Level**— This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
- ▶ **LesMills BODYSTEP™ - Multi-Level**— Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP™ Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP™ Classic is the way to go.
- ▶ **LesMills CXWORX™ - Multi-Level**— Using resistance tubes and weight plates, this challenging 30-minute workout works the abs, hip, butt and lower back for a stronger core to make you better at all things you do.
- ▶ **LesMills SPRINT™ - Intermediate/Advanced**— This 30-minute high intensity workout is designed using an indoor bike to achieve fast results. This workout is short and intense, offers faster cardio results, trains the body to burn fat and build lean muscle, and burns calories for hours after completion. Join our internationally certified instructors to learn about this new program and how to smash your goals faster.
- ▶ **Light & Low Cardio - Beginner/Mature Adult**— A variety of low impact cardio movements that are fun for the mature adult (or novice exerciser) including balance and core training.
- ▶ **Muscle Work - Multi-Level**— If it can make you stronger, we will use it! Build lean muscle mass and drop inches by using hand weights, bands, body bars and med balls to make you stronger than ever!
- ▶ **Piloxing - Multi-Level**— The benefits of Pilates, boxing and dance all mixed in to one high energy workout to increase endurance, build stamina and burn maximum calories.
- ▶ **POUND - Multi-Level**— Pound transforms drumming into an incredibly effective way of working out and Rockin' Out! This exhilarating full body workout combines cardio, conditioning and strength training, with Yoga and Pilates inspired moves using lightly weighted drumsticks.
- ▶ **Sit & Fit - Beginner/Mature Adult**— Get fit from your seat instead of your feet! This class targets those needing assistance with balance while seeking increased strength, endurance and flexibility.
- ▶ **Synrgy 360 X Training - Multi-Level**— A good mix of cardio, strength and agility exercises, this 30 minute interval circuit training will leave you feeling exhilarated and expending calories for the rest of the day.
- ▶ **Zumba® - Multi-Level**— Zumba is a dance-fitness class that incorporates Latin rhythms with easy-to-follow moves. The class format combines fast and slow rhythms that tone and sculpt the body. All dance levels are welcome.
- ▶ **Zumba® Gold - Beginner/Mature Adult Level**— Zumba Gold offers a traditional Zumba class — exhilarating, Latin-inspired, calorie-burning dance fitness party — but at a pace that is just a little easier. If you love to move to upbeat, fun music, this class is for you!
- ▶ **Zumba® Toning - Multi-Level**— Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body. 1 lb. or 2.5 lb. Toning Sticks are available on a first-come, first-served basis.

AQUA CLASS DESCRIPTIONS

Appropriate swimsuits required for all pool users. Water shoes are recommended for aquatic classes.

- ▶ **Aqua Basic - Beginner/Mature Adult**— This shallow water class will focus on light cardiovascular conditioning, including muscle toning exercises and time to stretch!
- ▶ **Aqua Dance - Multi-Level**— Aqua Dance captivates the joy of movement and the expression of life through integrating rhythms and music. It fuses aquatic fitness with dance-based choreography, for limitless possibilities of human movement.
- ▶ **Aqua Medley - Multi-Level**— This shallow water class will keep you guessing! Your instructor will create different cardio, interval or circuit workouts while you enjoy the low-impact aquatic environment.
- ▶ **Aqua Tabata - Multi-Level**— Increase your aerobic and anaerobic fitness through this interval training class that combine high intensity exercise followed by bouts of rest. Spend the rest of the day expending energy recovering from this challenging workout.
- ▶ **Aqua Zumba® - Multi-Level**— Blend the Zumba formula and philosophy with traditional aqua fitness disciplines for a safe, challenging, water-based workout. It's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. No dancing skills needed. Join the party without the impact!

MIND BODY CLASS DESCRIPTIONS

- ▶ **Gentle Yoga - Multi-Level**— Gentle Yoga is held at a slower pace and focuses on stretching and extending the breath, while releasing stress and tension from joints and muscles. Class is structured around rejuvenating the body and managing stress through meditative concepts.
- ▶ **Hatha Yoga - Multi-Level**— Hatha yoga uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Use this class to manage stress, while improving your flexibility.
- ▶ **Restorative Yoga - Multi-Level**— Restorative flow integrate moving sequences that have gentle restorative poses. During the class the use of props such as blocks and straps will be used to help students get into positions that will ultimately help them realign their bodies in their original positions. This class is open to all levels.
- ▶ **Vinyasa Yoga - Multi-Level**— Vinyasa means “breath-synchronized movement”, and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing incorporating seamless transitions between postures.
- ▶ **Mind Body Fusion - Multi-Level**— A blended format of mediation, Pilates, tai chi and yoga offers you the best of all mind/body worlds in one class. Leave feeling rejuvenated and calm.
- ▶ **Pilates Mat - Multi-Level**— The Pilates Method of body conditioning is a unique system of stretching and strengthening exercise developed to tone muscles, strengthen core, improve posture and provide flexibility and balance.
- ▶ **Pilates Barre - Multi-Level**— Fusion style, barre workout combining Pilates, fitness and dance-based moves using small movements and high repetition. A strength class that will tone and lengthen muscles, while improving posture and strengthen core.
- ▶ **Tai Chi/Qigong - Multi-Level**— An ancient internal art that is practiced for its health benefits and focuses on vital energy. This class offers a flowing combination of stretching, breathing and low-impact movements that is known to improve circulation, mobility and balance. Loose fitting clothing and comfortable shoes are recommended.

Intensity Levels

Beginner/Mature Adult Level — Class designed for new exercisers, older adults, or individuals with movement challenges. Format may be suitable for seated activity.

Multi-Level — Class designed for a range of fitness levels. Instructor will offer modifications to accommodate fitness abilities.

Intermediate/Advanced Level — Class designed for higher fitness levels and/or prior exercise experience in similar format.

GUIDELINES

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CONTACT PERSON

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