

GROUP *Summer* FITNESS 2018

MAY 21-AUGUST 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 a.m. / C Muscle Work Josh	5:45-6:15 a.m. / B Les Mills SPRINT™ Agnes	7:30 a.m. / C Muscle Work Josh	5:45-6:15 a.m. / B Les Mills SPRINT™ Agnes	8 a.m. / A Zumba Gold® Dawna	8 a.m. / A Les Mills BODYPUMP™ Lisa
8:30 a.m. / Pool HydroX Debbie	8:30 a.m. / C Pilates Mat Christine	8:30-9 a.m. / Pool Aqua Deep Debbie	8:30 a.m. / B Cyclone Cycle Christine	8:30 a.m. / Pool HydroX Tom	8:30 a.m. / Pool Aqua Tabata Paulina
9 a.m. / C Cardio Fusion Sam	9 a.m. / A Gentle Yoga Katie	9-9:30 a.m. / Pool Turbulence & Tranquility Debbie	9 a.m. / C Restorative Yoga Joanne	9 a.m. / C Hatha Yoga Heather	9-9:30 a.m. / A Les Mills CXWORX™ Lisa
9-10 a.m. / A Les Mills BODYPUMP/ CXWORX™ - Lisa	9:30 a.m. / Pool Aqua Zumba® Leah	9 a.m. / C Gentle Yoga Heather	9:30 a.m. / Pool Aqua Zumba® Leah	9-10 a.m. / A Les Mills BODYPUMP™ Agnes	9 a.m. / B Cyclone Cycle Mary
9:30 a.m. / Pool Aqua Medley Debbie	9:30 a.m. / B Cyclone Cycle Christine	9 a.m. / A Les Mills BODYSTEP™ Adriana	9:30 a.m. / A Pilates Mat Christine	9:30 a.m. / Pool Aqua Medley Nancy	9:30 a.m. / C Zumba® Mariah
10 a.m. / C Zumba® Toning Leah	10 a.m. / C Muscle Work Jay	9:30 a.m. / Pool Aqua Medley Debbie	10 a.m. / C Muscle Work Jay	11-12 p.m. / C Mind Body Fusion Nancy	10:30-11:30 a.m. / C Hatha Yoga Carolina
11 a.m. / A Adapted Flow Yoga Marianne	11 a.m. / C Sit & Fit Melanie	10 a.m. / C Cardio Fusion Ewan	4:30 p.m. / C Zumba® Toning Dawna	5 p.m. / A Les Mills BODYSTEP™ Adriana	
4 p.m. / Pool Aqua Medley Dawna	4 p.m. / A Les Mills BODYPUMP™ Agnes	10 a.m. / A Les Mills BODYCOMBAT™ Adriana	5:30 p.m. / Pool Aqua Zumba® Dawna	5 p.m. / C Pilates Mat Kate	SUNDAY 8:30-9 a.m. / B Les Mills SPRINT™ Rotation
5-5:30 p.m. / B Les Mills SPRINT™ Lisa	4:30 p.m. / C Zumba® Toning Mariah	11 a.m. / A Vinyasa Yoga Erin	5:30 p.m. / C Muscle Work Kate	6 p.m. / C Dance Cardio Kate	9 a.m. / A Les Mills BODYCOMBAT™ Adriana
5 p.m. / C Hatha Yoga Joanne	5:30 p.m. / B Cyclone Cycle Annette	12 p.m. / C Muscle Work Josh	6 p.m. / A Hatha Yoga Erin		9:30 a.m. / Pool Aqua Medley Joanna
6 p.m. / C Zumba® Mariah	6 p.m. / A Vinyasa Yoga Erin	5 p.m. / A Les Mills BODYPUMP™ Lisa	6:30-7 p.m. / C Strong by Zumba® Dawna		9:30-10:30 a.m. / C Vinyasa Yoga Erin
6 p.m. / A Les Mills BODYPUMP™ Lisa	6:30 p.m. / C Pilates Barre Kate	5:30-6 p.m. / B Cycle Express Annette	7-7:30 p.m. / C POUND® Dawna		
7 p.m. / C Hatha Yoga Vanessa	7:30 p.m. / C Dance Cardio Kate	6-6:30 p.m. / B Core Blast Annette			
		6 p.m. / C Zumba® Toning Mariah			
		6 p.m. / A Les Mills BODYPUMP™ Lisa			
		6 p.m. / Pool Aqua Tabata Paulina			

MODIFIED SCHEDULE

We will observe a modified schedule on the following days:

May 28 and July 4-6 - FitRec closed, no classes

See FitRec app for current schedule.

GROUP FITNESS GUIDELINES:

In accordance with fitness industry safety standards, students should not join a class after the warm-up has concluded (approx. first 5 mins). Classes are on a first-come, first-served basis. If classes reach maximum capacity, doors will be closed at beginning of class, no admittance allowed. Classes are subject to minimum/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. All classes are 50-minutes in length, unless noted. To respect other participants, please refrain from private conversations during class. The use of cellphones/iPods is prohibited during classes. Any use of these devices will result in removal from class per instructor's discretion. Guests must be 16 years of age to participate. 13-15 year old members must complete an orientation to attend.



(708) 608-4000 | morainevalley.edu/fitrec | Download the FitRec Account App



LAND CLASS DESCRIPTION

Cardio Fusion • Beginner/Mature Adult – A variety of low-impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance and core training using various equipment to keep you challenged and interested.

Core Blast • Multi-Level – 30 minutes of conditioning using exercises to tone muscles, improve posture and balance, and strengthen the core.

Cyclone Cycle & Express • 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 bring a towel and water bottle.

Dance Cardio • Multi-Level – Dance infused cardio fitness fun that will challenge your rhythm and coordination with intervals of light weights and props.

Les Mills 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, t'ai chi and muay thai. Supported by driving music and powerful instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

Les Mills 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.

Les Mills 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, pushups 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.

Les Mills 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.

Les Mills 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.

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!

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.

Strong by Zumba™ • Multi-Level – Strong by Zumba™ brings elements of dance together with body weight, resistance style, muscle conditioning and cardio training. It uses high-intensity, full body training methods with a Zumba® twist.

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 enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body. 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 Deep • Multi-Level – A medium- to high-intensity deep-water body workout to improve strength and endurance. This deep water class combines water resistance with no impact and uses a variety of exercises and equipment to improve overall fitness.

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!

HydroX • Multi-Level – Take your aqua fitness to the next level with this shallow water class which provides a variety of cardio and interval exercises.

Turbulence & Tranquility • Multi-Level – This shallow-water class will combine higher-intensity exercises with bouts of no-impact exercises and stretching. Great for building muscle tone, cardio endurance and overall flexibility.

MIND-BODY CLASS DESCRIPTIONS

Adapted Flow Yoga • Beginner/Mature Adult – Improve your strength, flexibility and mobility through a full-body modified flow yoga. This safe and slower-moving class is designed to increase range of motion, build core strength, develop better balance and focus on breath awareness. Class also includes wonderful elements of relaxation and renewal. Class can be performed using yoga mat or chair.

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.

Mind-Body Fusion • Multi-Level – A blended format of meditation, Pilates, T'ai Chi and yoga offers you the best of all mind-body worlds in one class. Leave feeling rejuvenated and calm.

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.

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.

Restorative Yoga • Multi-Level – Restorative flow integrates moving sequences that have gentle restorative poses. 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.

INTENSITY

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.

FOR MORE INFORMATION ON GROUP FITNESS CLASSES, PLEASE CONTACT:

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