

GROUP FITNESS

WINTER 2021 Revised • January 18-February 28

ALL CLASSES ARE 50-MINUTES IN LENGTH UNLESS OTHERWISE NOTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am Studio C Muscle Work Josh	5:45-6:15 am Studio B Les Mills SPRINT™ Aaron	5:45-6:15 am Court 1 Les Mills GRIT™ Lisa	5:45-6:15 am Studio B Les Mills SPRINT™ Ann	5:45-6:15 am Court 1 Les Mills GRIT™ Lisa	8:00 am Court 1 Les Mills BODYPUMP™ Ranin	8:15-8:45am Studio B Les Mills SPRINT™ Ann
8:30 am Deep Pool Aqua Deep Dawna	8:30 am Studio B Cyclone Cycle Annette/Erin A.	7:30 am Studio C Muscle Work Josh	8:30-9:00 am Studio C Les Mills CORE Lisa	8:00 am Shallow Pool Aqua Medley Tom	9:00 am Studio B SPINPower® Mary	9:30-10:30 am FitRec Live Vinyasa Yoga Erin S.
9:00 am Court 1 Les Mills BODYPUMP™ Erin A.	9:30 am Studio C Core Fusion Erin A.	8:30 am Shallow Pool Aqua Medley Ellen	9:00 am Studio A Restorative Yoga Beth	9:00 am Court 1 Les Mills BODYPUMP™ Erin A.	9:30 am Court 1 Zumba® Mariah	
9:30 am FitRec Live Lengthen to Strengthen Anna-Marie	9:30 am Shallow Pool Aqua Zumba® Leah	9:00 am Court 1 Cardio Fusion Jana	9:30 am Shallow Pool Aqua Zumba® Leah	10-10:30 am Court 1 Les Mills CORE Erin A.		
9:30 am Shallow Pool Aqua Tabata Dawna	10:00 am Court 1 Muscle Work Ellen	9:30 am Shallow Pool Aqua Medley Ellen	10:00 am Studio C Muscle Work Jay	11:00 am FitRec Live Yo-Chi Nancy N.		
10-10:30 am Court 1 Les Mills CORE Erin A.	11:00 am FitRec Live Sit & Fit Nancy N.	9:30-10:30 am Studio B SPINPower® Fusion Erin A.	11:00 am FitRec Live Sit & Fit Amanda	5:15-5:45 pm Studio B Les Mills SPRINT™ Aaron		
11:00 am FitRec Live Gentle Yoga Karolina	5:30 pm Studio C Pilates Fusion Kate	10:00 am Studio A Gentle Yoga Ewan	5:30 pm Studio A Hatha Yoga Andrea			
6:00 pm Court 1 Les Mills BODYPUMP™ Ranin	6:30 pm Court 1 Zumba® Mariah	5:15-6 pm Studio A Les Mills BODYCOMBAT™ Renee				
7:00 pm Studio A Hatha Yoga Vanessa		6:00 pm Court 1 Les Mills BODYPUMP™ Nancy B.				

FITREC LIVE INFORMATION

VIRTUAL CLASSES ONLY

FitRec Live Zoom ID: 829-492-3609

Password: mvcc

Link: <https://us02web.zoom.us/j/8294923609>

GROUP FITNESS GUIDELINES

All classes are 50-minutes in length unless otherwise stated. In-person classes are on reservation basis, and must be reserved via the FitRec member app or at Membership Services before the start of class. FitRec Live virtual classes do not need to be reserved. Classes are subject to minimums/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. Participants must adhere to current facility guidelines at all times. To respect all participants and the instructor, please refrain from private conversations during class. The use of cell phones/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.

WINTER 2021 MODIFIED SCHEDULE

See FitRec app for current schedule and up-to-date changes.



LEARN MORE AT: [MORAINEVALLEY.EDU/FITREC](https://morainevalley.edu/fitrec)

UPDATED 1-11-2021

IN-HOUSE CLASS DESCRIPTIONS

Cardio Fusion • Multi-Level - 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 Fusion - Multi-Level - This workout strengthens the abs, hips, butt and lower back for a stronger core while also engaging in stability work and stretching.

Cyclone Cycle • Multi-Level - 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.

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 role model 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 CORE (formerly 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 GRIT™ • Intermediate/Advanced – This 30-minute high intensity workout is designed using cardio, strength and athletic conditioning formats. This short and intense workout builds cardio fitness, trains the body to burn fat and build lean muscle, and improves athleticism while challenging endurance.

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 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!

SPINPower® - Multi-Level - Innovative, power-based cycling and power meter technology to train the body more efficiently and effectively in this powerful spin class. Please come 5-10 minutes early for bike set up.

SPINPower® Fusion • Multi-Level - A blend of the innovative, power-based cycling and power-meter technology of SPINPower®, with a variety of strength exercises, core conditioning and stretching to complete the class. Please come 5-10 minutes early for assistance with equipment setup.

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.

IN-HOUSE 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.

Pilates Fusion • 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.

AQUA CLASS DESCRIPTIONS

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!

FITREC LIVE - VIRTUAL 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.

Lengthen to Strengthen • Multi-Level - Prepare to experience a blend of stretching and strengthening techniques all in one go. Elongate and tone your muscles while using straps, foam rollers, and your body as the lengthening instrument.

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.

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.

Yo-Chi • Multi-Level – Yo-Chi does for the mind what movement does for the body. This 50-minute class will offer a variety of techniques including postures, breath work, mantra and mudra to clear your head, destress your body and create peace and harmony in your life.

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.

CONTACT PERSON

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