

## JUNE

Effective 6/1/2015

### Group Fitness Classes at Fitness Center

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
0930	Yoga Basics			Yoga Basics	
1000		Zumba			Zumba
1100	Muscle Max*	Kickboxing	Muscle Max*	Kickboxing	Muscle Max*
1200	Zumba	Power Yoga	CH <sup>2</sup>	Power Yoga	Zumba
1530	<b>Muscle Max*</b>		<b>Muscle Max*</b>		
1615		Fitness Fusion		Fitness Fusion	
1630	<b>Step</b>		<b>Step</b>		
1715		Zumba		Zumba	
1730	<b>Zumba</b>		<b>Kickboxing</b>		

### SPIN Studio Classes at Base Gym

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
0615		Spin		Spin		
0700			Spin			
1000						Spin
1115		Spin	Spin	Spin		
1615	Spin	Spin	Spin			
1715		Spin		Spin		
1730	Spin					

### TRX/HIT Classes at Base Gym & Outdoor Classes

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
0630	H.I.T		H.I.T		
0700	Pavilion PT *		Pavilion PT*		
1115	TRX		TRX		
1200		H.I.T		H.I.T	
1515		TRX		TRX	
1545	TRX/Core		TRX/Core		
1615		H.I.T		H.I.T	

\*Classes in **RED** have been added, changed or modified

## Group Fitness Class Descriptions: (duration of classes 30-50min per instructor)

**Yoga Basics:** This all levels class teaches the classic yoga postures through a deep awareness of correct alignment and precise actions in the body. Highly therapeutic, this technique helps to refine your poses while it trains the mind to remain alert, focused and composed.

**Power Yoga:** Based on the ancient practice of movement, breathing control and meditation, this asana (posture) classes are presented in the classical Vinyasa (flow) style. This intense class provides the mind-body benefit of yoga exercise in a vigorous format to give you an overall conditioning class to improve balance, flexibility and strength. Intermediate to advanced fitness levels.

**Kickboxing:** The ultimate cardio challenge! Be prepared for a total body workout with a killer cardio workout at the same time! It includes a combination of boxing, martial arts and aerobics using basic punches, kicks and simple combinations.

**Muscle Max:** 100% pure muscle sculpting from head to toe using a variety of equipment, from steps to weights, along with lunges, squats, dips and power moves to those muscles into shape. \* Workouts based on the NOFFS principles.

**Step:** High- intensity aerobic workout utilizing the step bench with up beat music. Choreography is moderate to complex. This class is designed for participants who want to gain cardiovascular fitness and have fun! All levels welcome!

**Spin:** Recognized as one of the best low-impact workouts available, our state of the art indoor spinners can be perfectly adjusted to suit your fitness level. Our class will familiarize you with the techniques of spinning while providing a fun and exhilarating group experience; come and see what the buzz is about! Don't forget to bring water!

**Fitness Fusion :** A fusion of exercises designed to do one thing, BURN CALORIES! This total body workout fuses high intensity, free weights, Kickboxing, Step and body weight exercises. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. In Fitness Fusion Anything goes!

**TRX:** TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Perform Hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. ALL CORE. ALL THE TIME.

**TRX/Core:** A 30min Core workout that uses the TRX equipment and other functional training equipment to improve your body's overall functional strength, balance and coordination. This class focuses on strength, movement and balance challenges through the use of the body's core muscles found in the inner and outer abdominal wall, lower back and hips.

**Zumba:** The dance-based aerobics program exploded in popularity in the early 2000s. Zumba makes use of up-tempo Latin music styles such as salsa, cha-cha, reggaeton, mambo and merengue to create an enjoyable, productive workout atmosphere. No previous dance experience needed! Just get ready to have a "party in the aerobics room"!

**CH<sup>2</sup> (Cardio Hip Hop):** Step away from the Cha Cha and step on into the groove. CH<sup>2</sup> is a fun cardio workout that includes the latest hip hop dance moves to get you sweating those pounds off. Basic moves make this class fun for anyone... even the non-dancer.

**H.I.T:** High intensity training or H.I.T is a class composed typically of a warm up, strength or skill focus portion, and a high intensity WOD (workout of the day). H.I.T can be scaled for any level fitness ability!

**Pavilion PT :** Want a real challenge then this class is right up your alley! This class will incorporate tire flipping, battle ropes, Olympic lifts and sports conditioning exercise. Are you ready to be challenge beyond your limits, if so this is the class for you! (located under the outside pavilion) \* Workouts based on the NOFFS principles.

### Base Gym Bldg 614 Hours of Operation

904-542-2930/3239

**Mon-Thurs: 0500-2000**

**Fri: 0500-1900**

**Sat-Sun : 0700-1700**

**Holidays: 0900-1500**

### Fitness Center Bldg 867 Hours of Operation

904-542-3518

**Mon-Thurs: 0500-2000**

**Fri: 0500-1900**

**Sat-Sun : 0700-1500**

**Holidays: 0800-1300**

*All Group Fitness Classes will be canceled on Holiday Weekends*