

CHAMP

Group Exercise Schedule

January 3rd to March 30th



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			Total Body Conditioning w/Holly 7:15-8:00		
Lunch	11:00-11:45 Total Body Conditioning w/Holly	11:00-11:45 Cardio Mix w/Miryan	11:00-11:50 Zumba w/Lourdes	11:30-12:30 Pump it Up w/Crystal	11:00-11:45 Pilates w/Holly
	11:45-12:00 Ab-Solution	11:45-12:00 Ab-Solution			11:45-12:00 Ab-Solution
	12:00-12:45 SPIN w/Gary or Wayne	12:00-12:45 Yoga w/Miryan	12:00-12:45 SPIN w/Gary or Wayne		12:00-12:45 Kick & Tone w//Miryan
Evening		4:30 – 5:00 The Practice w/Scott		4:30 – 5:00 The Practice w/Scott	

- Classes will begin and end on time.
- This is a proposed schedule. The Wellness Center reserves the right to add/delete classes based on participation.
- Appropriate dress is required at all times. (Closed toed shoes, covered mid-driff, etc.)
- BEGINNERS ARE ENCOURAGED TO PARTICIPATE & MODIFY WORKOUT INTENSITY TO APPROPRIATE LEVEL.

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Group Exercise Descriptions



AB-SOLUTION Get those washboard abs!! A concentrated workout specifically designed to strengthen and tone the abdominal and lower back muscles. **ALL LEVELS**



CARDIO MIX A combination of both cardio and light weight for your entire body. **ALL LEVELS**



KICK AND TONE A combination of both kickboxing and full body toning. Get both an anaerobic and aerobic workout with this all around great workout to end your workweek. **ALL LEVELS**



PILATES This class focuses on strengthening the core and improving flexibility. **ALL LEVELS**

PUMP IT UP This is a great weight training class that is for every body! This class will help you change your body and improve your strength. Add it to your exercise routine and watch the results appear. **ALL LEVELS**



SPINNING® 45 minutes of awesome calorie devouring group cycling. One of the fundamental components of the spinning program is the use of mind/body techniques to enhance performance. Get a great cardiovascular workout. **INTERMEDIATE/ADVANCED**

THE PRACTICE Designed to bring back that competitive edge, this class is an effective combination of exercises to improve your speed, quickness, and agility along with pure aspects of strength and conditioning, using short sprints, push-ups, box jumps, and more. **INTERMEDIATE/ADVANCED**

TOTAL BODY CONDITIONING This class combines bouts of cardio and weightlifting to strengthen and tone the entire body. **ALL LEVELS**

YOGA Treat yourself for a full hour of mind and body connection. During this hour, you will learn techniques to relax and reenergize yourself. **ALL LEVELS**

ZUMBA combines high energy and motivating music with unique moves and combinations that allow the *Zumba* participants to dance away their worries. ...

Group Exercise Classes with less than 5 participants may be cancelled.

If you have any questions regarding CHAMP Group Exercise, please call extension 6100.

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