

CLAY MADSEN RECREATION CENTER SUMMER 2016 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ BOOT CAMP \$ 5:30-6:30AM JUDY		\$ BOOT CAMP \$ 5:30-6:30AM JUDY		\$ BOOT CAMP \$ 5:30-6:30AM JUDY	
STRONG 'N BALANCED (20) 9:00-9:45AM JENNA	\$ W.O.W. \$ (15) 9:00-9:45AM KIM	KETTLEBELL (20) 9:00-9:45AM JUDY	\$ W.O.W. \$ (15) 9:00-9:45AM KIM	ZUMBA (35) 9:00-10:00AM TINA	ZUMBA (35) 9:00-10:00AM SELVE
CORE N' MORE (25) 10:00-10:45AM JENNA	\$ SPYNERGY \$ (10) 10:00-10:45AM KIM	ZUMBA TONING (35) 10:00-11:00AM AMY	\$ SPYNERGY \$ (10) 10:00-10:45AM KATHY	PLYOBAR (15) 10:15-11:15AM KIM	\$ SPYNERGY \$ (10) 10:15-11:15AM KATHY
ZUMBA TONING (35) 11:00AM-12:00PM AMY	FLEX & STRETCH (25) 11:00-11:45AM KIM		PILOXING (35) 11:00AM-12:00PM SELVE	FLEX & STRETCH (25) 11:30AM-12:00PM KIM	
***\$ Designates classes that require a \$5 drop-in fee ***Please see CMRC Front Desk for information on the current Group Exercise Schedule					
CARDIO CIRCUIT (20) 5:30-6:15pm JESSICA	\$ SPYNERGY \$ (10) 5:30-6:15PM JENNA	CIRCUIT STRENGTH (20) 5:30-6:15PM ANDREW	CARDIO CORE PARTY (35) 5:30-6:15PM		Updated 6.10.16
ZUMBA (35) 6:30-7:30PM THOMAS	CARDIO GROOVES (35) 6:30-7:30PM JENNA	ZUMBA (35) 6:30-7:30PM THOMAS	\$ AFTER WORK YOGA \$ (20) 6:15-7:15PM DEBRA		

AFTER WORK YOGA: *Specialty Class* When the day is over, let it go. Unwind and loosen up your muscles in this yoga class. All levels welcome! (Multipurpose Room)

BOOTCAMP: *Specialty Class* A total body workout that includes: cardio, weights, plyometrics, & core conditioning. Morning Boot Camp Monthly session *see CMRC front desk*

CARDIO CIRCUIT: Targeting strength training while building cardio and muscular endurance. Short recoveries and high intensity. The 45 minutes will fly by!

CARDIO CORE PARTY: How about a dance party to end your week? This class will be a 45 min Cardio Dance Party followed by some core work for a fun, sweaty workout!

CARDIO GROOVES: Get your body moving and your blood pumping with this dance-inspired class for a fun workout that's sure to make you sweat!

CIRCUIT STRENGTH: Targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program!

CORE N' MORE: Slim up your waistline and be swimsuit ready all summer! Core work for all fitness levels!

FLEX & STRETCH: A great way to loosen up those sore muscles, aches and pains with a full body stretching session.

KETTLEBELL: Learn how to swing, clean, press, and use the Kettlebell properly. Kettlebell cardio routines, supersets and interval workout blends will keep your heart rate up and tone your body without increasing mass!

PILOXING: Piloxing is a non-stop, cardio fusion of standing Pilates, boxing and dance. This class will help you burn maximum calories, build lean muscles, and increase stamina.!

PLYOBAR: plyometric intervals mixed with The BodyBar work. A great class to challenge your muscles, build endurance, and test your speed!

STRONG 'N BALANCED: You don't have to be a tight rope walker to benefit from balance training. In this class we will move slow and controlled through balance exercises focusing on body mechanics and positions!

SPYNERGY: *Specialty Class* This cycling workout will get your heart rate going and your legs burning. The extreme part of this workout incorporates cycling, weight training and core work!

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions!

ZUMBA TONING: Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and body-sculpting exercises. Students will learn to use lightweight, maraca-like Zumba Sticks!

W.O.W.: *Specialty Class* (Women on Weights) Focus on building a strong foundation through weight lifting. Push your muscles to the limit and reap the benefits of strength training!



PRIZES SPONSORED BY:
FLEET FEET
Sports
ROUND ROCK

SUMMER STRONG

24 HOUR DANCE

MARATHON

Classes:

Piloxing
Zumba
Zumba Toning,
Cardio Core Party
Cardio Grooves

CMRC CYCLING TOUR 100

CLASSES: SPYNERGY (WORTH 2X ENTRIES)

SUMMER BURN

Classes: your choice of ANY GX classes! Just get it done! (worth 2x entries)

MISSION STRENGTH

Classes:

Kettlebell
W.O.W.
Boot Camp
Strong 'n Balanced
PLYOBAR
CIRCUIT STRENGTH

This summer you are getting a opportunity to commit yourself to getting great results and making a difference. Pick a challenge of interest and give yourself that extra energy you deserve. Complete any of the classes above and get an initial from your instructor. For every challenge completed you will be entered in to a drawing for prizes and receive a CMRC Fitness shirt. Good luck! ***ONE CLASS = 1 INTIAL***

MAKE THIS SUMMER UNFORGETABLE!

CMRC values fitness and wellness and provides a variety of group exercise classes for our members! For the safety and enjoyment of our classes, all participants must follow the group exercise policies and procedures. Our classes are designed to serve ages 16+ and all ability levels; modifications will be taught in each class.

ENTRY #1

Name: _____

Phone Number: _____

Email: _____

ENTRY #2

Name: _____

Phone Number: _____

Email: _____