#### CLAY MADSEN RECREATION CENTER SUMMER 2016 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ BOOT CAMP \$		\$ BOOT CAMP \$		\$ BOOT CAMP \$	
5:30-6:30AM		5:30-6:30AM		5:30-6:30AM	
JUDY		JUDY		JUDY	
STRONG 'N BALANCED (20)	\$ W.O.W. \$ (15)	KETTLEBELL (20)	\$ W.O.W. \$ (15)	ZUMBA (35)	ZUMBA (35)
9:00-9:45AM	9:00-9:45AM	9:00-9:45AM	9:00-9:45AM	9:00-10:00AM	9:00-10:00AM
JENNA	KIM	JUDY	KIM	TINA	SELVE
CORE N' MORE (25)	\$ SPYNERGY \$ (10)	ZUMBA TONING (35)	\$ SPYNERGY \$ (10)	PLYOBAR (15)	\$ SPYNERGY \$ (10)
10:00-10:45AM	10:00-10:45AM	10:00-11:00AM	10:00-10:45AM	10:15-11:15AM	10:15-11:15AM
JENNA	KIM	AMY	KATHY	KIM	KATHY
ZUMBA TONING (35)	FLEX & STRETCH (25)		PILOXING (35)	FLEX & STRETCH (25)	
11:00AM-12:00PM	11:00-11:45AM		11:00AM-12:00PM	11:30AM-12:00PM	
AMY	KIM		SELVE	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)	\$ SPYNERGY \$ (10)	CIRCUIT STRENGTH (20)	CARDIO CORE PARTY (35)		Updated 6.10.16
5:30-6:15pm	5:30-6:15PM	5:30-6:15PM	5:30-6:15PM		
JESSICA	JENNA	ANDREW			
ZUMBA (35)	CARDIO GROOVES (35)	ZUMBA (35)	\$ AFTER WORK YOGA \$ (20)		
6:30-7:30PM	6:30-7:30PM	6:30-7:30PM	6:15-7:15PM		
THOMAS	JENNA	THOMAS	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!







## **94 HOUR DANCE**

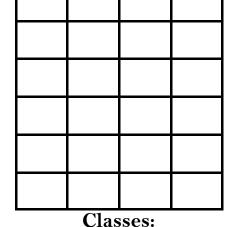
# SUMMER STRONG

<b>4</b> T	110	OIL	101

**MARATHON** 

## CLASSES: SPY

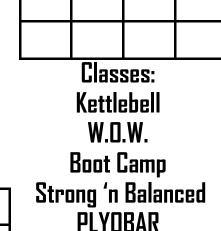
NERGY (WORTH 2X ENTRIES)					



### SUMMER BURN

Classes: your choice of ANY GX classes! Just

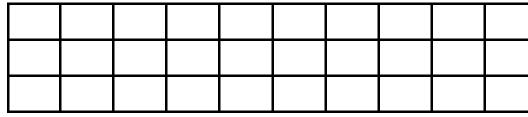
, O	y O U			7 7T A T	OZZ CIG	יכ
αé	t it	done	l (wor	th 2x	entries	;)
<b>3</b> -		J- J J	( =		<b>0</b>	•



CIRCUIT STRENGTH

MISSION STRENGTH

Piloxing Zumba Zumba Toning, Cardio Core Party Cardio Grooves



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 varie	ety 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: