

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>\$ BOOT CAMP \$</b> 5:30-6:30AM JUDY		<b>\$ BOOT CAMP \$</b> 5:30-6:30AM JUDY		<b>\$ BOOT CAMP \$</b> 5:30-6:30AM JUDY	
<b>STRONG 'N BALANCED (20)</b> 9:00-9:45AM ANNA	<b>\$ W.O.W. \$ (15)</b> 9:00-9:45AM KIM	<b>KETTLEBELL (20)</b> 9:00-9:45AM JUDY	<b>\$ W.O.W. \$ (15)</b> 9:00-9:45AM KIM	<b>ZUMBA (35)</b> 9:00-10:00AM TINA	<b>ZUMBA (35)</b> 9:00-10:00AM SELVE
<b>CORE N' MORE (25)</b> 10:00-10:45AM JENNA	<b>\$ SPYNERGY \$ (10)</b> 10:00-10:45AM KIM	<b>ZUMBA TONING (35)</b> 10:00-11:00AM AMY	<b>\$ SPYNERGY \$ (10)</b> 10:00-10:45AM KATHY	<b>PLYOBAR (15)</b> 10:15-11:15AM ANNA	<b>\$ SPYNERGY \$ (10)</b> 10:15-11:15AM KATHY
<b>ZUMBA TONING (35)</b> 11:00AM-12:00PM AMY	<b>FLEX &amp; STRETCH (25)</b> 11:00-11:45AM KIM	<b>\$ MORNING YOGA \$ (20)</b> 11:15AM-12:00PM DEBRA	<b>PILOXING (35)</b> 11:00AM-12:00PM SELVE	<b>FLEX &amp; STRETCH (25)</b> 11:30AM-12:00PM ANNA	
<b>***\$ Designates classes that require a \$5 drop-in fee ***Please see CMRC Front Desk for information on the current Group Exercise Schedule</b>					
<b>CARDIO CIRCUIT (20)</b> 5:30-6:15pm JESSICA	<b>\$ SPYNERGY \$ (10)</b> 5:30-6:15PM MELANIE	<b>CIRCUIT STRENGTH (20)</b> 5:30-6:15PM ANDREW	<b>CARDIO CORE PARTY (35)</b> 5:30-6:15PM ANNA		Updated 5.23.16
<b>ZUMBA (35)</b> 6:30-7:30PM THOMAS	<b>CARDIO GOOVES (35)</b> 6:30-7:30PM MELANIE	<b>ZUMBA (35)</b> 6:30-7:30PM THOMAS	<b>\$ AFTER WORK YOGA \$ (20)</b> 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!

**MORNING YOGA:** \*Specialty Class\*: Come stretch and breathe with us in this morning yoga class. All levels welcome!

**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!

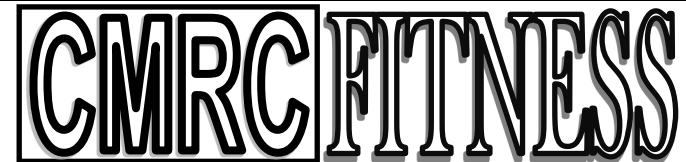
**STRONG 'N BALANCED:** You don't have to be a tight rope walker to benefit from balance training. In this class we will move slow and controlled through balance exercises focusing on body mechanics and positions!

**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!



# 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.D.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 UNFORGETTABLE!

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: \_\_\_\_\_