

CLAY MADSEN RECREATION CENTER FALL 2015 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>\$BOOT CAMPS</u> 5:30-6:30AM JUDY		<u>\$BOOT CAMPS</u> 5:30-6:30AM JUDY		<u>\$BOOT CAMPS</u> 5:30-6:30AM JUDY	ZUMBA (35) 8:30-9:30AM TINA
EXTREME CORE (20) 9:00-9:45AM JUDY	<u>\$STRENGTH 4 LIFES (20)</u> 9:00-9:45AM KIM	MAX INTERVAL STEP TRAINING (18) 9:00-9:45AM ANNA	<u>\$STRENGTH 4 LIFES (20)</u> 9:00-9:45AM KIM	ZUMBA (35) 9:00-10:00AM TINA	
TABATA (20) 10:00-10:45AM ANNA	<u>\$SPYNERGY\$ (10)</u> 10:00-10:45AM KIM	ZUMBA TONING (35) 10:00-11:00AM AMY	<u>\$SPYNERGY\$ (10)</u> 10:00-10:45AM BLAINE	PLYO POWER (15) 10:30-11:15AM ANNA	
ZUMBA TONING (35) 11:00A-12:00P AMY	FLEX & STRETCH (25) 11:00-11:45AM KIM	CORE/RECOVERY 11:15A-12:00P KIM	PILOXING (25) 11:00A-12:00P SELVE	BACK TO THE BASICS (20) 11:30A-12:00P ANNA	
***\$ Designates classes that require a \$5 drop-in fee ***Please see CMRC Front Desk for information on the current Group Exercise Schedule					
ATHLETIC TRAINING (20) 5:30-6:15PM KELLY	KETTLEBELL (20) 5:00-5:45PM JUDY	<u>\$BOOT CAMP MINI\$ (20)</u> 5:15-6:00PM ANNA	<u>\$SPYNERGY\$ (10)</u> 5:15-6:00PM BLAINE		
BOKWA (35) 6:30-7:30PM THOMAS	ZUMBA STEP (25) 6:00-7:00PM TINA	ZUMBA (35) 6:15-7:15PM SELVE			Schedule Revised: October 14, . 2015

MUST BE 16 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES.

“To get something you’ve never had, you have to do something you’ve never done”

CMRC Exercise Guides

SLIM & TONE

Monday: Zumba Toning
Tuesday: Flex & Stretch
Thursday: Core Recovery
Friday: Back to the Basics

ROCK HARD

Monday: Athletic Training
Tuesday: **Strength 4 Life**
Thursday: Core Recovery
Friday: Plyo Power

CALORIE BURN

Monday: Bokwa
Tuesday: Flex & Stretch
Wednesday: **Boot Camp Mini**
Thursday: Core Recovery
Friday: Back to the Basics

ENERGY CHARGE

Tuesday: Zumba Step
Wednesday: M.I.S.T.
Thursday: Core/Recovery
Thursday: Piloxing

THE BOOST:

Monday: Athletic Training
Tuesday: **Strength 4 Life**
Tuesday: Flex & Stretch
Wednesday: **Spynergy**
Thursday: Core Recovery
Friday: Back to the Basics

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.

CMRC EXERCISE GUIDES

Slim & Tone

Give your body an opportunity to tighten up and slim down. Get your sweat on right off the bat in **Zumba Toning** and earn that recovery on Tuesday in **Flex & Stretch**. Here you will relax and engage the muscles in recovery and stretching for your next workout. Come back Thursday re-energized and ready to work that core in **Core/Recovery**. If you're feeling good come Friday, you can start your weekend early in a 30 minute **Back to the Basics** class.

Rock Hard

Test your **Athletic Training** and skills in the early part of the week. Here you will build up the physical and mental **Strength 4 Life** that it takes to go to the next level. Your **Core/Recovery** will be much needed and get you prepared for a day of power! **Plyo Power** is an explosive class that will tie everything together and help bring out your inner athlete!

Calorie Burn

Is an ala carte of calorie crushers! Your body will need to be on it's toes every time you step in the room. No one workout is the same, be prepared to sweat and burn it up. **Bokwa** will get the heart rate going on Monday followed by a quick recovery on Tuesday in **Flex & Stretch**. **Boot Camp Mini** will give you an opportunity to improve in all aspects of fitness and it will be just what you need before your recovery tomorrow. Toughen up that stomach on Thursday in **Core/Recovery** and if you are wanting to burn more, take part in **Zumba** or **Back to the Basics** on Friday, go from lukewarm to RED HOT in this Calorie Burnin' plan!

Energy Charge

looking for a short and sweet answer to more energy? Its right here! Bring your towel on Monday and Wednesday for **Zumba Toning** where you'll experience high level cardio dance routines that will leave you swimming in your own sweat. **M.I.S.T.** is a simple and short burst of exercises mixed up with your favorite tunes and a single step to get you great results. Finish the week strong with **Core/Recovery** and **Piloxing** in a fun, unique dance routine you won't want to miss! This plan will certainly be the charge you need to amp up the energy.

The Boost

This routine will take you to places you've never been both physically and mentally. There is no messing around Monday-Friday with The Boost! All we can say is if you survive...

"CONGRATULATIONS!"

Job Well Done!

From: CMRC Fitness Team

Group Exercise Class Descriptions

ATHLETIC TRAINING: This class will find that inner athlete by incorporating core and strength work together and for an extra bonus some cardio intervals — 45 minutes of hard work!

BACK TO THE BASICS: The beauty of a body weight only workout is that you can do these exercises anywhere! They can be performed faster, increasing your strength and endurance.

BOKWA: participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine while moving together to today's most popular music!

BOOTCAMP & MINI: *Specialty Class* A total body workout that includes: cardio, weights, plyometrics, & core conditioning. Morning Boot Camp Monthly session *26212 \$48

CORE/RECOVERY: Challenge yourself to the core, through recovery while improving endurance and strength.

EXTREME CORE: Target and strengthen your core muscles by utilizing different types of exercise equipment, as well as your own body each week.

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.

M.I.S.T.: Use the step platform to get your heart pounding. This class will increase cardiovascular ability, strengthen your lower body, and burn some major calories. Push yourself to the max!

PLYO POWER: It is all about the power, strength, & explosion in Plyo Power! This class will enhance your ability to move with a purpose. Fast-twitch muscles are key to a strong body and Plyo Power is no joke from head to toe!

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.

STRENGTH 4 Life: *Specialty Class* Numbers never lie! You will be working with the numbers to get the best possible results you can achieve. Every 4 weeks there will be new programs and fitness test to take your strength to the next level.

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.

TABATA: Push hard for 20 seconds and rest for 10, 8 times through each exercise. This class will utilize this exact formula to challenge you and push you beyond your current level of fitness.

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

ZUMBA STEP: Is an all-round cardio workout that tones and strengthens the legs and glutes. All of the ZUMBA fitness-party fun you love.

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