

CLAY MADSEN RECREATION CENTER SPRING 2016 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>\$BOOT CAMPS</u> 5:30-6:30AM JUDY	<u>\$THE EXTRA EDGE \$ (20)</u> *27388 6:00-7:00AM	<u>\$BOOT CAMPS</u> 5:30-6:30AM JUDY	<u>\$THE EXTRA EDGE \$ (20)</u> *27388 6:00-7:00AM	<u>\$BOOT CAMPS</u> 5:30-6:30AM JUDY	
EXTREME CORE (20) 9:00-9:45AM JUDY	<u>\$ STRENGTH 4 LIFE \$ (15)</u> 9:00-9:45AM KIM	MAX INTERVAL STEP TRAINING (18) 9:00-9:45AM ANNA	<u>\$ STRENGTH 4 LIFE \$ (15)</u> 9:00-9:45AM KIM	ZUMBA (35) 9:00-10:00AM TINA	ZUMBA (35) 8:30-9:30AM 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 (18) 10:15-11:00AM ANNA	KICKCORE (25) 9:45-10:30AM JACQUE
ZUMBA TONING (35) 11:00AM-12:00PM AMY	FLEX & STRETCH (25) 11:00-11:45AM KIM	<u>\$ RECOVERY YOGA \$</u> 11:15AM-12:00PM DEBRA	PILOXING (25) 11:00AM-12:00PM SELVE	BACK TO 6 PACK 11:15AM-12:00PM JACQUE	<u>\$ SPYNERGY \$ (10)</u> 10:45-11:30AM KATHY
***\$ 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	<u>\$ EXTRA STRENGTH\$ (15)</u> 5:15-6:00PM TREY	KETTLEBELL (20) 5:00-5:45PM JUDY	<u>\$ EXTRA STRENGTH \$ (15)</u> 5:15-6:00PM TREY		
BOKWA (35) 6:30-7:30PM THOMAS	ZUMBA STEP (25) 6:00-7:00PM TINA	ZUMBA (35) 6:15-7:15PM SELVE			Schedule Revised: 12/14/15

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 6 PACK: A strong core isn't all about your 6 pack! It is about laying the ground work for a strong core by strengthening your abs, glutes, and back to achieve the strong durability everybody desires.

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: *Specialty Class* A total body workout that includes: cardio, weights, plyometrics, & core conditioning. Morning Boot Camp Monthly session *26216 \$44

THE EXTRA EDGE: *Specialty Class* Getting ready for Tri-Athlon season, this program is a great option for all fitness levels to prepare for your upcoming events as well as register for our very own r-AQUA-thon

EXTRA STRENGTH: Small daily improvements can go a long way over time. In Extra Strength you will track your numbers to improve and achieve your long term fitness goals. So come and give a little extra today!

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.

KICKCORE: Come get your heart rate up with high intensity kickboxing and plyometric moves

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.

RECOVERY YOGA: *Specialty Class* Slow down in this yoga class for muscle recovery from physical workouts. Integrate breath and body movements to unwind, rehab tired muscles and improve flexibility. No prior yoga experience necessary.

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

**GRAND PRIZES ARE PROVIDED
BY LOCAL FITNESS FAVORITE**

FLEET FEET

Sports

ROUND ROCK

F	I	T	G	O
3.1 MILES ON TREDMILL	CHOICE	STRENGTH 4 LIFE	KETTLEBELL	CHOICE
PLYO POWER	ATHLETIC TRAINING	ZUMBA	CHOICE	BOKWA
M.I.S.T.	EXTREME CORE	FREE	ZUMBA STEP	CHOICE
CHOICE	3 MILES ON ELLIPTICAL	CHOICE	ZUMBA	PILOXING
EXTRA STRENGTH	TABATA	SPYNERGY	BACK TO 6 PACK	KICKCORE
RECOVERY YOGA	FLEX & STRETCH	ZUMBA TONING	10 MILES ON BIKE	ROWING MACHINE 15 MINUTES

FITGO RULES

1. Keep your Group Exercise schedule & FitGo card for duration of contest (January 4th—February 29th)
2. Complete each class and receive a completion stamp from your instructor or a personal trainer for weight room challenges
3. Everyone that completes a BLACKOUT will be given a completion shirt, as well as be entered into our Grand Prize drawing! Turn in completed cards to CMRC front desk team
4. FitGo runs from January 4th—February 29th, all scorecards are due by February 29th, NO LATER!

CHOICE: ATTEND A GROUP EXERCISE CLASS OF YOUR CHOICE

MUST BE AT LEAST 16+ TO PARTICIPATE IN GROUP EXERCISE CLASSES

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.

Name: _____

Phone Number: _____

Email: _____