

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>\$BOOT CAMPS</b> 5:30-6:30AM JUDY		<b>\$BOOT CAMPS</b> 5:30-6:30AM JUDY		<b>\$BOOT CAMPS</b> 5:30-6:30AM JUDY	
<b>EXTREME CORE (20)</b> 9:00-9:45AM JUDY	<b>\$ STRENGTH 4 LIFE \$ (15)</b> 9:00-9:45AM KIM	<b>MAX INTERVAL STEP TRAINING (18)</b> 9:00-9:45AM ANNA	<b>\$ STRENGTH 4 LIFE \$ (15)</b> 9:00-9:45AM KIM	<b>ZUMBA (35)</b> 9:00-10:00AM TINA	<b>ZUMBA (35)</b> 8:30-9:30AM SELVE
<b>TABATA (20)</b> 10:00-10:45AM ANNA	<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>PLYO POWER (18)</b> 10:15-11:00AM ANNA	<b>KICKCORE (25)</b> 9:45-10:30AM JACQUE
<b>ZUMBA TONING (35)</b> 11:00AM-12:00PM AMY	<b>FLEX &amp; STRETCH (25)</b> 11:00-11:45AM KIM		<b>PILOXING (25)</b> 11:00AM-12:00PM SELVE	<b>BACK TO 6 PACK (20)</b> 11:15AM-12:00PM JACQUE	<b>\$ SPYNERGY \$ (10)</b> 10:45-11:45AM KATHY
<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>ATHLETIC TRAINING (20)</b> 5:30-6:15PM KELLY	<b>\$ SPYNERGY \$ (10)</b> 5:15-6:00PM JENNA	<b>KETTLEBELL (20)</b> 5:00-5:45PM JUDY	<b>TRIPLE THREAT (20)</b> 5:15-6:00PM ANDREW		<b>\$ SPRING TUNE-UP \$</b> APRIL 23RD –MAY 28TH 12:00-1:00PM
<b>BOKWA (35)</b> 6:30-7:30PM THOMAS	<b>ZUMBA STEP (30)</b> 6:15-7:15PM TINA	<b>ZUMBA (35)</b> 6:15-7:15PM THOMAS			<b>Schedule Revised: 4/6/16</b>

**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

**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.

**SRING TUNE-UP:** This 6 week H.I.I.T class will give your body an opportunity to improve with the numbers. There will be a great 45 minute workout followed by a 15-20 minute body test ever Saturday to help you get ready for a great summer 2016!

**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.

**TRIPLE THREAT:** Is a 45 minute workout, where we take 3 muscle groups and blast them. The muscle groups will work in conjunction with one another and will leave you feeling stronger and much more energized.

**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