

CLAY MADSEN RECREATION CENTER FALL 2016 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ BOOT CAMP \$ 5:30-6:30AM		\$ BOOT CAMP \$ 5:30-6:30AM		\$ BOOT CAMP \$ 5:30-6:30Am	
TRIPLE THREAT (25) Cardio Conditioning 9:00-9:30 Core Strength 9:35-10:05 Strength & Stretch 10:10-10:40 ANNA & JENNA	\$ W.O.W. \$ (15) 9:00-9:45AM KIM	KETTLEBELL (20) 9:00-9:45AM JUDY	\$ W.O.W. \$ (15) 9:00-9:45AM KIM	ZUMBA (35) 9:00-10:00AM TINA	ZUMBA (35) 9:00-10:00AM SELVE
	\$ SPYNERGY \$ (10) 10:00-10:45AM KIM	ZUMBA TONING (35) 10:00-11:00AM AMY	\$ SPYNERGY \$ (10) 10:00-10:45AM KATHY	HIP HOP PLYO (15) 10:15-11:00AM KIM	\$ SPYNERGY \$ (10) 10:15-11:00AM KATHY
ZUMBA TONING (35) 11:00AM-12:00PM AMY	FLEX & STRETCH (25) 11:00-11:45AM KIM	FLEX & STRETCH (25) 11:15am- 12:00pm WEIGHT ROOM 1.0 11:30am	PILOXING (35) 11:00AM-12:00PM SELVE		WEIGHT ROOM 1.0 11:15 AM
***\$ 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) 5:30-6:15pm JESSICA	H.I.I.T. (25) 5:30-6:15pm JENNA	CIRCUIT STRENGTH (20) 5:30-6:15PM ANDREW	TABATA (25) 5:30-6:15pm ANNA		8.31.16
ZUMBA (35) 6:30-7:30PM THOMAS	WEIGHT ROOM 1.0 6:30pm	ZUMBA (35) 6:30-7:30PM THOMAS	RECOVERY CORE (20) 6:30-7:15pm ANNA		

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!

CIRCUIT STRENGTH: Targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program!

FLEX & STRETCH: A great way to loosen up those sore muscles, aches and pains with a full body stretching session.

H.I.I.T.: Push yourself to new limits! Strengthen your body with weights and get your heart rate up with bursts of cardio.

HIP HOP PLYO: Get an intense workout by incorporating plyometrics with today's hip hop beats. High energy. Motivating music. Leave it all on the floor.

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.!

RECOVERY CORE: This great combination of muscle recovery and core strengthening is perfect for that middle to end of the week workout! All you need is a mat and a great attitude to get great results!

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: In this dual instructed class, participants will get a fast and furious workout requiring 3 pieces of equipment or less. Come for one 30 minute class, or stay for all 3!

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!

WEIGHT ROOM 1.0: If you are looking for more information on how to use the equipment in the weight room properly this class is just for you. Meet with one of our exceptional fitness instructors to get a better look at what goes on in the weight room to improve your overall results!

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!

