



FALL 2017 9/5-12/15—CMRC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>\$ CMRC MORNING BLAST \$</u> 5:30-6:30AM	POP PILATES (25) 8:00-8:45AM JADE	<u>\$ CMRC MORNING BLAST \$</u> 5:30-6:30AM		<u>\$ CMRC MORNING BLAST \$</u> 5:30-6:30AM	FITNESS FREESTYLE (20) 8:00-8:45AM JON
CIRCUIT STRENGTH (15) 9:00-9:45AM KIM	<u>\$ W.O.W. \$ (15)</u> 9:00-9:45AM KIM	KETTLEBELL (20) 9:00-9:45AM JUDY	<u>\$ W.O.W. \$ (15)</u> 9:00-9:45AM KIM	KICKBOXING (30) 9:00-9:45AM TANYA	ZUMBA (30) 9:00-10:00AM SELVE
KICKBOXING (30) 10:00-10:45AM TANYA	<u>\$ SPYNERGY \$ (10)</u> 10:00-10:45AM KIM	ZUMBA TONING (30) 10:00-11:00AM AMY	<u>\$ SPYNERGY \$ (10)</u> 10:00-10:45AM KATHY	POWER (15) 10:00-11:00AM TANYA	STRENGTH MAX OUT (20) 10:15-11:00AM JON
ZUMBA TONING (30) 11:00A-12:00P AMY	INTERVAL TRAINING (20) 11:00A-12:00P JENNIFER	<u>\$ CYCLE CIRCUIT (20) \$</u> 11:15A-12:00P JENNA	FLEX & STRETCH (30) 11:00-11:45AM KIM	FOAM ROLLING (15) 11:15A-12:00P JENNA	
<u>\$ FITNESS REMIX\$</u> 12:00-1:00pm	<u>\$ YOGA \$</u> 12:00-1:00pm	<u>\$ FITNESS REMIX\$</u> 12:00-1:00pm	<u>\$ FITNESS REMIX\$</u> 12:00-1:00pm	<u>\$ FITNESS REMIX\$</u> 12:00-1:00pm	
POWER (15) 5:30-6:15PM TANYA	KICKBOXING (30) 5:30-6:30PM TANYA	POP PILATES (25) 5:30-6:15PM JADE	POWER (15) 5:15-6:00PM TANYA		Updated 9/6/17
ZUMBA (35) 6:30-7:30PM THOMAS		ZUMBA (35) 6:30-7:30PM THOMAS	POP PILATES (20) 6:15-7:00PM (MPR) JADE		

***\$ Designates classes that require a \$5 drop-in fee ***Please see CMRC Front Desk for information on the current Group Exercise Schedule



We believe that Recreational Fitness is anything that involves physical activity and results in an increase in the participant's overall health and happiness. *Rock Active* isn't solely connected to the gym or the group exercise room, it can be as simple as walking on one of our great trails or playing with your kids at one of our parks. The *Rock Active* team is here to provide you with the courage and self-confidence to go out and enjoy your family, friends, and your community. We want to empower you to invite others to join our active community!

CIRCUIT STRENGTH: Build muscle and strength while burning fat with these specially designed circuits. Each class will focus on 10-12 exercises targeting the whole body. You will be challenged in a fun and motivating environment.

CYCLE CIRCUIT: Interval train with a spin bike. 6 to 8 minutes of intervals on the bike, followed by 6 to 8 minutes of weight intervals. Get there early to pick out your bike and your weights.

CARDIO CIRCUIT: A fun, high energy workout that combines the elements of HIIT, Synergetic, Isometric, and Plyometric training!!! Come sweat and start the weekend off right!

FITNESS FREESTYLE: a high intensity interval workout randomly chosen!!! Are you ready to freestyle??

FOAM ROLLING: Great for massage and fitness. ... When used for self-massage, they help soothe tight, sore areas (known as "trigger points") and speed up muscle recovery. This process of rolling out tight muscles and relieving tension is also called myofascial release.

INTERVAL TRAINING: Let's blast away the fat and build strong muscles in this class that will incorporate cardio and weight training all in one interval style workout.

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!

KICKBOXING: Punch and kick your way to fitness, burning calories and toning muscles. This high energy, martial arts inspired workout is non-contact and no complex moves to learn.

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.

P.O.P PILATES: is an incredible fusion of ab-chiseling and developing a rock solid core of total body.

POWER: Get lean, build strength and tone muscles to great music and easy moves. Using lighter weights and high reps, this workout will hit all the major muscle groups.

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!

STRENGTH MAX OUT: resistance training that will have your muscles maxing out!!! Get ready!!!

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!