

CLAY MADSEN RECREATION CENTER 2015 HOLIDAY SCHEDULE 12/21—12/31

MONDAY 12/21	SATURDAY 12/26	MONDAY 12/28	TUESDAY 12/29	WEDNESDAY 12/30	THURSDAY 12/31
BOOT CAMP 5:30-6:30AM TREY		BOOT CAMP 5:30-6:30AM JUDY		BOOT CAMP 5:30-6:30AM JUDY	
COOKIE CORE (20) 9:00-9:45AM ANNA		TINSEL TABATA (20) 9:00-9:45AM ANNA	HOLIDAY H.I.I.T. (20) 9:00-9:45AM KELLY	CARDIO CAROLS (25) 9:00-9:45AM KELLY	LAST CHANCE BLAST (25) 9:00-9:45AM KELLY
HOLIDAY H.I.I.T. (20) 10:00-10:45AM ANNA		JINGLE BELL ROCK (35) 10:00-10:45AM ANNA	YULE YOGA (25) 10:00-10:45AM DEBRA	REINDEER RECOVERY (25) 10:00-10:45AM KELLY	JINGLE DUMB BELLS (20) 10:00-10:45AM KELLY
			FLEX NAVIDAD (30) 11:00AM-12:00PM ANNA	JINGLE BELL ROCK (35) 11:00-11:30AM ANNA	PRANCER PLYO (15) 11:00-11:45AM ANNA
***\$ Designates classes that require a \$5 drop-in fee ***Please see CMRC Front Desk for information on the current Group Exercise Schedule					
ELF TRAINING (20) 5:30-6:15PM KELLY		ELF TRAINING (20) 5:30-6:15PM KELLY	ZUMBA STEP (35) 5:45-6:45PM TINA		
COOKIE CORE (20) 6:30-7:15PM JACQUE		SNOWY CYCLE (10) 6:30-7:15PM JACQUE	KICKCORE (25) 7:00-8:00PM JACQUE		Schedule Revised: 12/14/15

*** ALL SPECIALTY CLASSES ARE INCLUDED WITH MEMBERSHIP FOR HOLIDAY SCHEDULE ONLY— HAPPY HOLIDAYS FROM CMRC ***

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.

CARDIO CAROLS: Moving and grooving with this 45 minute class of cardio and strength that will leave you feeling amazing. Great class for all fitness levels.

COOKIE CORE: Work your abs, back, and entire core and feel strong during your holiday cookie decorating festivities.

ELF TRAINING: In this 45 minute class there will be a great mix of cardio and strength that will make your muscles burn and feel the great benefits of training like Elves do during the holidays. Great for beginners and advanced.

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

HOLIDAY HIIT: Get a great workout by challenging your body with high intense intervals followed by rest periods. This 45 minute class will take your fitness to the next level. Great for beginners and the advanced.

JINGLE BELL ROCK: Celebrate the season with your favorite songs and cardio party dance moves.

JINGLE DUMB BELLS: 45 minutes of pure strength to leave your muscles feeling energized; suitable for beginners and advanced.

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

LAST CHANCE BLAST: This traditional cardio/strength class will wake your body up following any sort of yummy indulgences over the holiday's. Great for beginners and advanced.

PRANCER PLYO: This class is sure to keep you leaping and jumping like a reindeer!

REINDEER RECOVERY: Muscles and the brain need adequate time to recovery. With this class, you will leave feeling stretched and ready to take your day on by the reindeer antlers.

SNOWY CYCLE: 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.

TINSEL TABATA: 20 seconds of work and 10 Seconds of rest for 8 rounds-Santa approved to keep a jingle in your step all season long.

YULE YOGA: Unwind and stretch deeply with this holiday yoga class. All levels welcome

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