

CLAY MADSEN RECREATION CENTER SPRING 2017 GROUP EXERCISE SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------|-------------------------------------|
| <u>\$ BOOT CAMP \$</u> 5:30-6:30AM | | <u>\$ BOOT CAMP \$</u> 5:30-6:30AM | | <u>\$ BOOT CAMP \$</u> 5:30-6:30Am | |
| CARDIO CONDITIONING (25) 9:30-10:00AM JENNA | <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 | FOUNDATIONS (20) 9:00-9:45AM ANNA | ZUMBA (35) 9:00-10:00AM SELVE |
| FOUNDATIONS (20) 10:05-10:45AM 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 KATHY | KICKBOXING (20) 10:00-10:45AM TANYA | |
| ZUMBA TONING (35) 11:00AM-12:00PM AMY | ZUMBA (35) 11:00a-12:00pm Tina | | PILOXING 11:00AM-12:00PM SELVE | POWER (20) 11:00-11:45AM TANYA | |
| <u>\$ 40 DAYS OF FITNESS \$</u> 12:00-1:00PM | <u>\$ 40 DAYS OF FITNESS \$</u> 12:00-1:00PM | <u>\$ 40 DAYS OF FITNESS \$</u> 12:00-1:00PM | <u>\$ 40 DAYS OF FITNESS \$</u> 12:00-1:00PM | <u>\$ 40 DAYS OF FITNESS \$</u> 12:00-1:00PM | |
| ***\$ Designates classes that require a \$5 drop-in fee ***Please see CMRC Front Desk for information on the current Group Exercise Schedule | | | | | |
| POWER (20) 5:30-6:15PM TANYA | H.I.I.T. (20) 5:30-6:15pm JENNA | CIRCUIT STRENGTH (20) 5:30-6:15PM ANDREW | FUNCTIONAL POWER & STRENGTH (25) 5:30-6:15pm JACQUE | | 12/22/16 |
| ZUMBA (35) 6:30-7:30PM THOMAS | | ZUMBA (35) 6:30-7:30PM THOMAS | BODY WEIGHT TABATA (20) 6:30-7:15pm JACQUE | | |

40 DAYS OF FITNESS: For the next 40 days you will be committed to strength, endurance, speed, flexibility and a better you! A detail orientated program is just what you need for 2017!

BODY WEIGHT TABATA: A class that will get your heart rate up and muscles working hard just by using your own body weight (no equipment)

CARDIO CONDITIONING: Get your muscles moving!

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

FOUNDATIONS: Building a strong foundation is the beginning to an injury free, active lifestyle. We will be stabilizing the core utilizing single leg balance movements, slow & controlled exercises, and attention to form & breath.

FUNCTIONAL POWER & STRENGTH: A mix of functional strength movements (db, kettle bells, Med balls) and plyometric power movements

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

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.

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!

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!