



SUMMER 2017—CMRC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>\$ BOOT CAMP \$</u> 5:30-6:30AM DENISE		<u>\$ BOOT CAMP \$</u> 5:30-6:30AM DENISE		<u>\$ BOOT CAMP \$</u> 5:30-6:30AM DENISE	FOUNDATIONS (25) 8:00-8:45AM ANNA
KETTLEBELL (20) 9:00-9:45AM 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	KICKBOXING (20) 9:00-9:45AM TANYA	ZUMBA (30) 9:00-10:00AM SELVE
CORE ACTIVATION (20) 10:00-10:45AM JENNA	<u>\$ SPYNERGY \$ (10)</u> 10:00-10:45AM KATHY	ZUMBA TONING (30) 10:00-11:00AM AMY	<u>\$ SPYNERGY \$ (10)</u> 10:00-10:45AM KATHY	POWER (20) 10:00-11:00AM TANYA	
ZUMBA TONING (30) 11:00A-12:00P AMY	ZUMBA (35) 11:00A-12:00P TINA	CORE & BALANCE(20) 11:15A-12:00P JENNIFER	INTERVAL TRAINING 20) 11:00-11:45AM JENNIFER	FLEX & STRETCH (30) 11:15-11:45 JENNA	
<u>\$ STRONGX50 \$</u> 12:00-1:00pm	<u>\$ STRONGX50 \$</u> 12:00-1:00pm	<u>\$ STRONGX50 \$</u> 12:00-1:00pm	<u>\$YOGA \$</u> 12:00-1:00pm	<u>\$ STRONGX50 \$</u> 12:00-1:00pm	
POWER (20) 5:30-6:15PM TANYA	ZUMBA STEP (30) 5:30-6:30PM TINA	KICKBOXING (20) 5:30-6:15PM TANYA	TOTAL BODY BLAST (20) 5:15-6:00PM KELLY		Updated 5/18/17
ZUMBA (35) 6:30-7:30PM THOMAS	<u>\$ YOGA \$</u> 6:45-7:30PM KATHY	ZUMBA (35) 6:30-7:30PM THOMAS			

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

MAY 30TH—SEPTMEBER 2ND

ROUNDROCKTEXAS.GOV/ROCKACTIVE



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!

CARDIO CONDITIONING: Get your muscles moving!

CORE & BALANCE: With a mixture of core exercises and balance training this class will give you a strong core, from your shoulders to your hips, will improve your overall performance, prevent back pain and give you tighter abs!

CORE ACTIVATION: Find out what your core is really made of! You will strengthen stability and flexibility through your abdominals, glutes, hip flexors and oblique's. A foundation to a strong body starts in your core!

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.

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.

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!