



## SPRING 2018 1/2-5/26—CMRC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>\$ SPYNERGY \$ (10)</u> 9:00-9:45AM JENNIFER	<u>\$ WEIGHTS &amp; CONDI- TIONING\$ (15)</u> 9:00-9:45AM AMY	KETTLEBELL (20) 9:00-9:45AM JUDY	<u>\$ WEIGHTS &amp; CONDI- TIONING\$ (15)</u> 9:00-9:45AM AMY	KICKBOXING (30) 9:00-9:45AM TANYA	WORKOUT CREW(20) 8:00-8:45AM JON
KICKBOXING (30) 10:00-10:45AM TANYA	TOTAL BODY CONDI- TIONING (25) 10:00-10:45AM KELLY	ZUMBA TONING (30) 10:00-11:00AM AMY	<u>\$ SPYNERGY \$ (10)</u> 10:00-10:45AM KATHY	POWER (15) 10:00-11:00AM TANYA	ZUMBA (30) 9:00-10:00AM SELVE
ZUMBA TONING (30) 11:00A-12:00P AMY	PURE CORE (25) 11:00-11:45AM DENISE	CORE & BALANCE (25) 11:15A-12:00P JENNIFER	PILOXING (25) 11:00-11:45AM SELVE	BALANCE POWER (20) 11:15A-12:00P DENISE	SWEAT INTERVALS (20) 10:15-11:00AM JON
<u>\$ 40 DAYS OF FITNESS \$</u> 12:15-1:15PM	<u>\$ YOGA \$</u> 12:15-1:15PM	<u>\$ 40 DAYS OF FITNESS \$</u> 12:15-1:15PM	<u>\$ 40 DAYS OF FITNESS \$</u> 12:15-1:15PM	<u>\$ 40 DAYS OF FITNESS \$</u> 12:15-1:15PM	
POWER (15) 5:30-6:15PM TANYA	KICKBOXING (30) 5:30-6:15PM TANYA	P.O.P. PILATES (30) 5:30-6:15PM JADE	POWER (15) 5:15-6:00PM TANYA		
ZUMBA (35) 6:30-7:30PM THOMAS	ZUMBA (35) 6:30-7:30PM TINA	ZUMBA (35) 6:30-7:30PM THOMAS	P.O.P PILATES (15) *MP Room* 6:15-7:00PM JADE		2/1/18 updated

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



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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 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!

**BALANCE POWER:** This class demands strength and flexibility. It's fast, detailed and designed to give you that long lean look using body weight and up to 3lb dumbbells.

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

**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.

**ROCKFIT:** is the alternative group fitness format inspired by drumming!

**PURE CORE:** Cardio Core - Sweat, Burn Calories in this cardio class with the addition of complete core work.

**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.

**POWER UP:** Every muscle will be used in this weights driven class to Build and Sculpt muscles in every area of your body. If you desire the "ripped" look then this instructor-led class is for you!

**TOTAL BODY CONDITIONING:** Condition your body and potential from head to toe in this class. Primary focus will be maximizing muscle and cardio effectively and efficiently

**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!

**SWEAT INTERNALS:** High Intensity Interval Training that will break a serious sweat and get you ready for summer!!!

**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!

**WEIGHTS & CONDITIONING: \*Specialty Class\*** Full body weight training class focusing on strength, power, and/or muscular endurance. **Tuesday: Push Movements**

**Thursday: Pull Movements**