

# ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

## CMRC GROUP EXERCISE SCHEDULE SUMMER June 3rd— September 8th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MUSCLE UP</b> 8:30-9:15AM JEREMY	<b>POWER HOUR</b> 8:00-8:45AM MELANIE	<b>INTERVAL CIRCUIT TRAINING</b> 8:00-8:45AM ANGELA	<b>HITT</b> 8:00-8:45AM MELANIE	<b>GENTLE MORNING FLOW</b> 6:00-7:00AM TONYA
<b>RELAXING YOGA</b> 9:45-10:45AM ALEJANDRA	<b>\$YOGA MOTIONS\$</b> 9:00-10:15AM ALEJANDRA	<b>KETTLEBELL</b> 9:00-9:45am JEREMY	<b>TOTAL BODY CONDITIONING</b> 9:00-9:45AM LINDSEY	<b>J TRAIN</b> 9:00-9:45AM JON
<b>ZUMBA TONIING</b> 11:00-12:00PM AMY	<b>CARDIO FUN</b> 11:00-11:45AM SELVE	<b>ZUMBA TONING</b> 10:00-11:00AM AMY	<b>PILOXING</b> 10:00-10:45AM SELVE	<b>BREATH, STRETCH, &amp; SMILE</b> 10:00-10:45AM ALEJANDRA
<b>\$40 DAYS OF FITNESS\$</b> 12:15-1:00PM JEREMY	<b>\$40 DAYS OF FITNESS\$</b> 12:15-1:00PM JEREMY	<b>RELAXING STRETCH</b> 11:15-12:00PM JENN	<b>CARDIO FUN</b> 11:00-11:45AM SELVE	<b>ZUMBA</b> 11:00-11:45AM SELVE
<b>POWER UP</b> 5:30-6:15PM ANGELA	<b>EVENING HATHA</b> 5:30-6:15PM TONYA	<b>\$40 DAYS OF FITNESS\$</b> 12:15-1:00PM JEREMY	<b>\$40 DAYS OF FITNESS\$</b> 12:15-1:00PM LINDSEY	<b>ZUMBA</b> 9:00-10:00AM SELVE
<b>ZUMBA</b> 6:30-7:30PM THOMAS	<b>CARDIO COMBO</b> 6:30-7:30PM ANGELA	<b>ISOMETRICS/ ECCENTRICS</b> 5:30-6:15PM ANGELA	<b>\$CYCLE YOGA FUSION\$</b> 5:15-6:15PM KATHY	<b>TOTAL BODY BURN</b> 10:15-11:00AM ANGELA
		<b>ZUMBA</b> 6:30-7:30PM THOMAS		<b>CORE &amp; STRETCH</b> 11:05-11:35AM ANGELA

### Saturday

\$\$ MEANS SPECIALTY CLASS: There will be a 5\$ charge for a specialty class.

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## SPRING 2019 — GROUP EXERCISE SCHEDULE

**40 DAYS OF FITNESS:** This program is for those who are committed to changing their current physical condition. There will be different workouts 4 days a week. **\$\$ Specialty Fitness Pass or Full Program Registration REQUIRED \$\$**

**BREATHE, STRETCH , & SMILE:** Wind down your week with a good stretch class that will help lengthen and strengthen those muscles and improve your recovery time. **(25)**

**CARDIO COMBO:** This class takes a variety of techniques including step, kickboxing, interval, and weights, and more and gives you a heart pumping, muscle toning total body workout! **(25)**

**CARDIO FUN:** This class is a total body workout combination of cardio.. pilates ..dance **(35)**

**CORE & STRETCH:** Working on mobility, balance, and strength will be just the workout you need! **(25)**

**CYCLE YOGA FUSION:** Best of both worlds! 30 minutes of cycle intervals followed by 30 minutes of yoga stretches to prevent overuse from repetitive sports, perfect for runners, walkers and of course cyclist. **(8)**

**\$\$ Specialty Fitness Pass REQUIRED \$\$**

**EVENING HATHA:** This is an all-levels class that will consist of yoga sequences that promote core strength and balance, as well as a strong connection to breath. **(20)**

**GENTLE MORNING FLOW:** This is a class that will consist of simple yoga sequences to gently warm the body and promote flexibility. **(20)**

**HIIT:** This interval-based class combines a full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind! Modifications for all fitness levels are provided. **(20)**

**ISOMETRICS AND ECCENTRICS:** This class will take your muscles to another level with the use of bands, weights, and body weight. Slow isolated movements combined with resistance will help you develop lean muscle tissue and strength for your whole body. **(25)**

**J TRAIN:** An EXCLUSIVE boot camp style workout specifically developed by Jon for members at Clay!! **(25)**

**MUSCLE UP:** This class is designed to improve overall strength, power, and endurance with intense and effective workouts that keep your body guessing and work up a sweat! **(15)**

**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. **(35)**

**POWER HOUR:** Your hour of power! Having stronger, leaner muscles can bring you all the more closer to your fitness goals! And with strength training, getting there can be effective and fun. You'll leave feeling motivated and ready to come back for more. **(20)**

**POWER UP:** This class combines the use of dumbbells, barbells, and bands to give you a total body workout using reps and sets. You will learn basic technique and form for using weights while you strengthen your entire body.**(25)**

**RELAXING STRETCH:** Wind down your week with a good stretch class that will help lengthen and strengthen those muscles and improve your recovery time. **(25)**

**RELAXING YOGA:** A gentle yoga class to release tension from the body and mind. **(20)**

**TOTAL BODY BURN :** total body workout using all forms of weight training **(25)**

**TOTAL BODY CONDITIONING** total body workout using all forms of resistance training **(25)**

**YOGA MOTION:** A gentle flow yoga class that incorporates stretching and strengthening movements while being aware of the breath. **(20) \$\$ Specialty Fitness Pass REQUIRED \$\$**

**ZUMBA:** A fusion of Latin dance rhythms featuring interval training using fast and slow sessions! **(35)**

**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! **(35)**