



CMRC GROUP EXERCISE SCHEDULE
FALL September 9th, 2019– December 31st, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| MUSCLE UP 8:30-9:15AM JEREMY (15) | POWER UP 8:00-8:45AM MELANIE (25) | \$\$SPYNERGY CYCLE\$\$ 8:00-8:45AM SHERRY (9) | HIIT 8:00-8:45AM MELANIE (20) | \$ SPYNERGY CYCLE\$ 9:00-9:45AM KATHY K (9) |
| RELAXING YOGA 9:45-10:45AM ALEJANDRA (20) | \$\$YOGA MOTION\$\$ 9:00-10:15AM ALEJANDRA (20) | KETTLEBELL 9:00-9:45AM JEREMY (20) | TOTAL BODY CONDITIONING 9:00-9:45AM LINDSEY (25) | BREATHE, STRETCH, & SMILE 10:00-10:45AM ALEJANDRA (20) |
| ZUMBA TONIING 11:00-12:00PM AMY (35) | \$\$40 DAYS OF FITNESS\$\$ 12:15-1:00PM JEREMY | ZUMBA TONING 10:00-11:00AM AMY (35) | PILOXING 10:00-10:45AM SELVE (35) | ZUMBA 11:00-11:45AM SELVE (35) |
| \$\$40 DAYS OF FITNESS\$\$ 12:15-1:00PM JEREMY | \$\$EVENING HATHA\$\$ 5:30-6:15PM TONYA (20) | BREATHE, STRETCH, & SMILE 11:15-12:00PM ALEJANDRA (20) | \$\$40 DAYS OF FITNESS\$\$ 12:15-1:00PM LINDSEY | |
| POWER UP 5:45-6:30PM SHERRY (25) | SUPER CIRCUIT SPRINT 6:30-7:30PM SHERRY (25) | \$\$40 DAYS OF FITNESS\$\$ 12:15-1:00PM JEREMY | \$\$CYCLE YOGA FUSION\$\$ 5:15-6:15PM KATHY (9) | |
| ZUMBA 6:45-7:45PM THOMAS (35) | | POWER UP 5:30-6:15PM SHERRY | | Saturday |
| | | ZUMBA 6:30-7:30PM THOMAS (35) | | ZUMBA 9:00-10:00AM SELVE (35) |
| | | | | TOTAL BODY BURN 10:15-11:00AM ANGELA / SHERRY(25) |
| | | | | CORE & STRETCH 11:05-11:35AM ANGELA / SHERRY (25) |

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



FALL 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)**

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. **(9) \$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)**

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! **(20)**

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 UP: 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. **(25)**

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

SPYNERGY CYCLE \$: This is a cardio music pumping cycle class designed to increase fat burn, heart rate, blood flow, and energy levels! **(9) \$Specialty Fitness Pass Required\$**

SUPER CIRCUIT SPRINT: This class is a combination of weight training and intense cardio conditioning. Alternating between upper body and lower body weight resistance training with step cardio conditioning in between. This workout is designed to maintain blood flow from top to bottom while keeping you in your fat burning zone. **(25)**

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

TOTAL BODY CONDITIONING: A 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-